

redbook

A full-page photograph of Heidi Klum sitting on a light-colored stone ledge. She is wearing a bright blue, short-sleeved, form-fitting dress. She has long, wavy blonde hair and is smiling at the camera. The background is a textured, grey stone wall.

LOVE YOUR HAIR

Great tips for every
type and texture

Easiest-ever Thanksgiving

A feast on the table
in 2 hours flat!

HOME SPECIAL!

52

shortcuts
to clean,
clutter-free
rooms

Heidi Klum

Opens up about
being a single mom,
feeling sexy, and
fighting for what
she wants

7 WAYS TO MAKE SERIOUS MONEY FROM HOME

Secrets of happy families

Fun, free
things that
bring you
closer

47 SLIMMING OUTFIT IDEAS

plus 163 stylish finds under \$100!

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#WordsOfWisdom

redbook

30 things to do in november

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SWEATER Demylee
JEANS Paige
BOOTS Sarah Flint

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Model is wearing style #1505

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Need a new coat? We thought so!

COAT \$288;
bodenusa.com.
HAT T+C By
Theodora & Callum,
\$58; theodoraand
callum.com.
SUNGLASSES \$22;
fantas-eyes.com.
SWEATER
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modcloth.com.
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whbm.com.



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On the cover

Heidi Klum photographed by Max Montgomery. Hair: Rebekah Forecast. Makeup: Linda Hay. Manicure: Elle at Tracey Mattingly. Prop stylist: Dorothee Baussan. See shopping guide, page 170, for clothing and makeup details.

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CLOCKWISE FROM LEFT: SARAH ANNE WARD; ERIKA LAPRESTO/STUDIO D; LEE CLOWER.

life is
a meal
for
sharing
secrets,
and a drawer-in-
drawer with
some of its own

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What I learned from loss

I REMEMBER THE MOMENT MY HUSBAND AND I decided to start trying to have a baby. I was 34—late, as these things go, but we'd only gotten married the year before—so I went into the whole enterprise with my biological clock already ticking loudly in my ears. We got pregnant within a few months, and soon moved into a new rental apartment, borderline gleeful about the future. Six weeks after that positive pregnancy test, I had a miscarriage. To say I was devastated is a massive understatement. I felt guilty (*Should I not have lifted that last box? Scrubbed the bathroom floor?*) and terrified and completely alone, no matter how many times my husband rubbed my back or wept with me. I sat up nights and trudged bleary-eyed through workdays, wondering if I would ever become a mother. I was also very lucky: After some grueling tests, a painful procedure, and a new ob/gyn, I got pregnant again eight months later. Those were the longest months of my life, but they taught me two things. First, that infertility isn't just physical, it's emotional. It's such a pervasive kind of trauma, because you have no idea when it will end or if it will be in your favor. Second, that miscarriage is incredibly common: Once I began talking about my experience, I was shocked at the number of women who admitted that they, too, had lost a pregnancy. Many of those friends went on to have far longer, more harrowing journeys to having a baby, and watching them suffer underlined how fortunate I was to have first one son and then, two years later, another. It's why this month's health story "The Secret Reason Women Aren't Getting Pregnant" is so deeply important to me. Whether you have children or don't, whether you are 26 or 56, chances are you know someone who has lingered in the purgatory of infertility. We need to keep talking about it, and we need to be up-front about our own struggles, which is why we are featuring candid, powerful voices in this issue, and are extending that online at redbookmag.com/truthabouttrying. I've been moved by the #IHadAMiscarriage stories online recently; consider joining me in sharing your experience and supporting other women. It's a crucial way to get through *any* kind of loss: together.

THE TRUTH ABOUT TRYING

You are not alone. There is a happy future for you. These are the messages we've been sharing at redbookmag.com/truthabouttrying. Join us for personal stories, plus news about treatments and other innovations, like beautiful empathy cards created by Jessica Zucker, a psychologist in Los Angeles.

ONE MORE FAVOR?

Please tell me how you're liking the magazine! Your feedback is unbelievably useful, and I'm so grateful for it. Give me your honest opinion and you could win \$5,000. See page 10 for details.

Meredith

Meredith Rollins, Editor-in-Chief

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/ before



1

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2

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MY FAVORITE

app

☞ The free Waze app showed me I was driving the day's longest, most congested route home from my parents' house. It pointed me to a much better way, and gave me an extra hour at home with my kid. ☞

—LESLIE ROBARGE

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☞ I'm addicted to Instagram, and the photo-editing app Snapseed is my secret weapon.

It has tons of professional tools and fun filters to play with so I can always get the colors to pop just the way I want. And it's free! ☞

—CONNER ADAMS



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37 ways to get more joy in your day

Who couldn't use a little extra LOL, especially during mandatory family time? Find some happiness at redbookmag.com, then check us out on social media for tailgate goodness.



11 HILARIOUS THANKSGIVING FAILS

Burnt turkey isn't even the worst of it. We asked women for their worst cooking mishaps, and trust us, they'll make you feel like a master chef.

redbookmag.com/holidayfails

14 THINGS ONLY PEOPLE WITH A COFFEE ADDICTION UNDERSTAND

Be honest: Before you've had at least one cup, your family (and anything they say) does not exist.

redbookmag.com/coffeetruths



12 PARENTING VIDEOS THAT ARE JUST TOO TRUE

The hysterical What's Up Moms vloggers totally get mommy struggles. (Psyching up for laundry day is like preparing for battle, are we right?) We rounded up their funniest, realest clips.

redbookmag.com/parentingvideos

Tailgate time!



@redbookmag:

We're sharing game-day goodies on Instagram all month at @redbookmag. Warning: Food in pictures is even more delicious than it appears.



CRAZY-GOOD GIVEAWAYS!

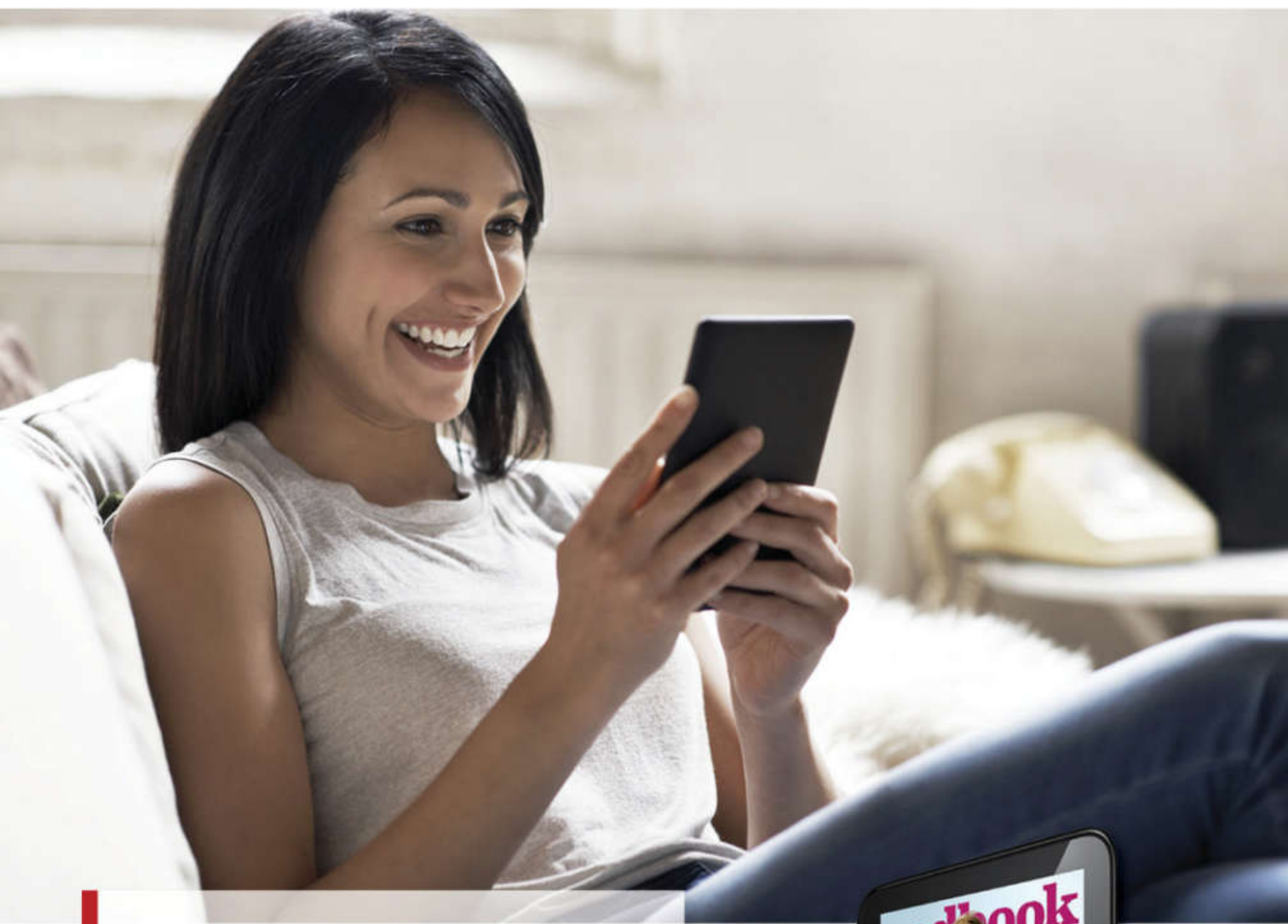


We're giving away 10 entire wardrobes' worth of cute, slimming clothes. And 150 beauty products! Get the details on page 170.

CLOCKWISE FROM BOTTOM LEFT: KAREN WEISS; AAGAMIA/GETTY IMAGES; GREG GAYNE/FOX/EVERETT COLLECTION; CHUNG AH AN/DAMNDELICIOUS.NET; STEPHANIE PARKER/PLAINCHICKEN.COM; COURTESY OF MANUFACTURERS.

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Q As I get older, I find it gets harder to lose weight, even when I'm dieting. Are there any easy hacks to boost my metabolism? —*Fana Horenbein, Edison, NJ*



“First of all, I've learned to stop dieting—it's more important to eat well every day. My advice is tried-and-true: Cut back on sugar. It's in everything, and when you're eating too much of it, your body uses *it* for energy, instead of burning fat. Make sure you're focusing on strength training, too, like with kettlebells or resistance bands. Muscle burns more calories, even when you're just sitting on the couch watching a movie.”

—*Alison Sweeney, Team Red columnist*



Q I'd like to start eating healthier, but shopping at places like Whole Foods can get expensive. How can I eat well without breaking the bank? —*Elaine Wilson, Phoenix*



“Your secret weapons are those big bulk bins of nuts and grains you might be strolling past at the store. Using them to stock up on nuts for snacking, oats for breakfast, and grains like quinoa for meals will slash your bill since you're not paying for pretty packaging. For produce, make sure it's all in season—because there's more of it, stores price it lower so they can sell it before it goes bad. I love butternut squash, apples, and broccoli this time of year. Then find out which day your store puts pricey cuts of meat on sale (top sirloin and extra-lean beef are my picks), and make *that* your day to shop!”

—*Lisa Lillien, Hungry Girl columnist*



Q I want to hit up Black Friday sales for my holiday shopping this year, but it seems like a bunch of madness. Any tips for scoring deals on gifts?

—*Melody Duverger, Herndon, VA*



“A woman after my own heart: I prefer my shopping without a side of hysteria too. Do a little homework and you can sleep in *and* get deals on the season's most in-demand items, Lynnette Khalfani-Cox, cofounder of financial education company The Money Coach, told me. ‘Websites like retailmenot.com post Black Friday flyers from stores ahead of time, so you can see what the best deal is,’ she says. ‘Then check out gobankingrates.com to find out who is offering price-matching guarantees. That way, you can rest confidently knowing you'll still get the same deal on what you want a little later on at the store with the best price.’” —*Tiffany Blackstone, deputy editor*

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Update your whole closet with a sweater

These new knits are lush and comfortable, but they're also smart, says Brad Goreski. His flattering picks will keep you stylish and toasty on the weekend, at work, *and* for nights out.

Brad Goreski is a cohost of *Fashion Police* on E! network and styles stars like Rashida Jones and Jenna Dewan Tatum.

SWEATERS, PARTICULARLY THICK ones, are great at hiding problem areas, so it's wise to have a variety of them for different occasions. The trick to not looking bulky is to pair them with sleeker pieces, like the pleated skirt our model, Shab, is wearing here. It elongates her legs and balances the volume of this chunky crewneck. Turn the page for three more new styles that'll work hard for you.

“The mix of feminine and relaxed vibes in this look is really cool—I love it!”

—OUR MODEL-FOR-THE-DAY,
HAIRSTYLIST SHAB
AGHAJANI, 28

Sweater, \$39.94;
oldnavy.com.
Sizes XS to 4X.
Skirt, \$90; stories
.com. Ring, \$6.90;
forever21.com.
Bag, \$81; shiraleah
.com. Booties,
\$168; anntaylor.com.

TURN THE PAGE for
three more looks ➤

HAIR: JENNIFER NAST FROM SHARON DORRAN AT SALLY HERSHBERGER. MAKEUP: ROBERTO ALVARADO JR. USING MARIO BADESCU & MAKE UP FOR EVER. MANICURE: RACHEL SHIM AT ABTP.COM. BRAD'S HAIR: MIA SANTIAGO FROM SHARON DORRAN AT SALLY HERSHBERGER. BRAD'S MAKEUP: FRANK GUYTON. PROP STYLIST: ALEX BRANNIAN AT BA-REPS.COM.

“Button-downs that are slim in the body and sleeve won't get bunched up or look too billowy where they peek out.” —BRAD



THE SHORT-SLEEVE MOCK TURTLENECK

For work, sub out your blazer for this sleek, colorful knit and pair it with your favorite blouse and pencil skirt.

Sweater, \$59.50; loft.com. Earrings, \$28; baublebar.com. Shirt, \$39.90; uniglo.com. Skirt, \$72; oasis-stores.com. Heels, \$110; guess.com. Bag, Danielle Nicole, \$78; nordstrom.com.



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Sweater, Two by Vince Camuto, \$119; vincecamuto.com. Beanie, \$38; echodesign.com. Shirt, Mossimo Supply Co., \$22.99; target.com. Belt, \$45.50; massimodutti.com. Jeans, Simply Vera Vera Wang, \$50; kohls.com. Bag, I.N.C. International Concepts, \$79.50; macys.com. Sneakers, \$195; newbalance.com.



THE PATTERNED KNIT JACKET

The sparkle of this jacket's zipper and metallic print will turn a plain LBD date-night fancy.

Sweater, \$118; designhistoryny.com. Earrings, \$49; stelladot.com. Dress, \$69; landsend.com. Sizes 0 to 26. Clutch, \$48; povertyflatsbyrian.com. Cuff, \$75; sterlingforever.com (20% off with code REDBOOK20). Heels, G by Guess, \$54.95; dsw.com.

COMES IN
plus

BEN GOLDSTEIN/STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.



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The fix for red, blotchy skin

A rosy flush is pretty. Splotchy red, not so much. “The key is to cover it without caking on makeup,” says Mally Roncal. Do it this way.

◀ Makeup artist Mally Roncal works with stars like Beyoncé and Jennifer Lopez and is the founder of Mally Beauty cosmetics.

IF YOU HAVE SUPER-SENSITIVE SKIN, you know it can become flushed at the drop of a hat. Just ask our model, Emma, a bartender in New York City. “I have rosacea, so my skin becomes inflamed whenever I get too much sun or if I eat sugar or dairy—oh, and after I exercise. And since my complexion is fair, that blotchiness really stands out,” she told me. So I gave Emma (who’s also a mom-to-be!) a routine that camouflages the redness without hiding what she really looks like.

“Now you can’t see my rosacea at all—but my makeup is still soft and natural.”

—OUR MODEL-FOR-THE-DAY, BARTENDER
EMMA WOODWARD, 33



Start WITH TWO CONCEALERS To neutralize redness on your cheeks, nose, and chin, swipe on a yellow-based cream concealer, as shown above. For under your eyes, apply one that’s two shades lighter than your skin.



BLEND WITH YOUR FINGERS Using a pat-and-smush motion, gently press the yellow concealer into your skin. Then, for around your eyes, use your ring finger only, since it’s the weakest and won’t tug at this delicate area.



TOP IT OFF WITH POWDER FOUNDATION It’s thicker than a liquid so it adds an extra level of coverage, plus it sets the concealer. Brush it on with a light press-and-roll motion (buffing can erase your concealer work).



LIVEN UP YOUR CHEEKS I know, I know. You just took away redness and now I’m making you put on blush?! But a swirl of peachy pink on the apples of your cheeks adds healthy color where you *want* it—and gives you a radiant finish.

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Delicious soup from scratch... in 15 minutes!

They're healthy, filling, and will make your taste buds cheer. Carla Hall's noodle soups instantly cozy up any winter night.

Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World*. >

BROTHER IS ALL THE RAGE these days, but just because you don't have the time—or the actual bones—to make it doesn't mean you should miss out on all of its restorative benefits. These noodle soups call for the store-bought kind (if you've got homemade broth, all the better) and are an excellent way to stay nourished and hydrated through a holiday season inevitably packed with lots of sweets and drinks.

BEEF NOODLE SOUP WITH SOY AND GINGER

Active: 5 minutes
Total: 15 minutes

- 1 Tbsp olive oil
- 1 small onion, chopped
- 1 Tbsp grated ginger
- 2 cloves garlic, grated
- 2 scallions, thinly sliced, greens reserved
- 1 cup carrots, cut into matchsticks
- 2 cups green cabbage, thinly sliced
- 2 cups broccoli florets
- 1 qt beef broth
- 3 Tbsp soy sauce
- ½ tsp toasted sesame oil
- Kosher salt and pepper
- 4 oz soba noodles
- Asian chili sauce, for garnish (optional)

Add the oil, onion, ginger, garlic, and scallion whites to a large stockpot over medium heat. Cook until fragrant, about 5 minutes. Add the carrots, cabbage, and broccoli and cook for another 5 minutes, stirring occasionally. Pour in the broth, 2 cups water, soy sauce, and sesame oil. Bring to a boil. Season with salt and pepper. Add the noodles and cook in the broth according to package directions. Serve garnished with the chili sauce, if desired, and scallion greens.

Makes 4 servings. Per serving: 214 cal, 5 g fat (1 g sat fat), 13 g protein, 32 g carb, 3 g fiber.

Heat the oil in a large stockpot over medium heat. Add the garlic and cook until fragrant. Add the zucchini and squash; season with the red pepper and salt. Cook for 5 minutes, stirring occasionally. Add the stock to the pot; bring to a boil. Add the noodles and cook in the broth according to package directions. Serve garnished with the cilantro.

Makes 4 servings. Per serving: 268 cal, 4 g fat (1 g sat fat), 5 g protein, 52 g carb, 6 g fiber.

SPICY VEGETABLE NOODLE SOUP

Active: 5 minutes
Total: 15 minutes

- 1 Tbsp olive oil
- 3 cloves garlic, sliced
- 1 zucchini, diced
- 1 yellow squash, diced
- ½ tsp red pepper flakes
- Kosher salt
- 1 qt vegetable stock
- 8 oz thin rice noodles
- 1 Tbsp chopped cilantro

MEXICAN CHICKEN NOODLE SOUP

Active: 5 minutes
Total: 15 minutes

- 1 qt chicken broth
- 8 oz baby bella mushrooms, sliced
- 2 cups frozen corn
- 1 dried ancho chile
- 2 cups store-bought rotisserie chicken, skin removed
- Kosher salt and pepper
- 8 oz ramen noodles (fresh or dry)

In a large stockpot over medium heat, combine the first five ingredients with 2 cups water; season with salt and pepper. Bring to a simmer and cook for 10 minutes. Increase heat to a boil and cook the noodles in the broth according to package directions. Serve warm.

Makes 4 servings. Per serving: 446 cal, 16 g fat (5 g sat fat), 30 g protein, 47 g carb, 3 g fiber.



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Little ways to eat, drink, and still stay slim

It's that too-much-food time of year, but with Alison Sweeney's clever tricks, you can enjoy the season and not gain a pound.

Fitness maven Alison Sweeney is the star and co-executive producer of Hallmark's *Murder She Baked: A Plum Pudding Mystery*. ▶

THE HOLIDAYS ARE RIGHT around the corner, and if you're anything like me, you're already thinking about all the incredible meals—and inevitable guilt—they'll bring. I've learned a few tricks that help me enjoy family dinners, office parties, and leftovers without losing sight of my stay-fit goals. Give them a try yourself and never dread the post-Christmas scale again.



Late-night cravings? Try brushing your teeth. It's unexpected but effective.

▶ GIVE YOURSELF SOME SPACE

I know that if the bread is right next to me, I'll reach for it over and over again. So when I'm the one serving dinner, I place it on the other side of the table. (This works at restaurants, too. I always push the bread off on my husband, Dave.) Or I'll take it one step further and serve everything buffet-style so no one else has to stare at the rolls—or stuffing or casserole—all evening either. If I want seconds, I have to get up from the table. And who wants to do that?

ALWAYS CARRY A CLUTCH

It seems silly, I know, but when you're at a party surrounded by hors d'oeuvres and dessert, it helps to keep your hands full. I've heard some good advice about counting to 10 before sending an email to make sure you haven't written anything you'll regret. The purse is like that: an extra step. You've got your bag in one hand and a cocktail in the other, and now you have to make a conscious effort if you want to eat everything nearby.

EAT OFF A KID-SIZE PLATE

Have you ever noticed how *giant* dinner plates are these days? The dishes at our house are small, so I'm always caught off guard when I go to someone else's place for a meal and they hand me a plate the size of a serving platter. The problem is, I'll fill it—and down every last bite. So instead, I grab an appetizer plate or one of the smaller dishes set out for the kids. It's just as satisfying to load *that* up, and it helps keep my portions in check.

BRUSH EARLY AND OFTEN

I've never been a sweets person—unless it's late at night and there's a slew of leftovers in the kitchen. Then I'm *weak*. But instead of heading for the fridge, I go to the bathroom and brush my teeth. And you know what? It works every time. Because nothing—not even my favorite red velvet cake—tastes as good when my mouth is freshly clean. Plus, it's a signal that it's time for sleep, and let's be honest: We could all use more zzz's.

HAIR: DAVID KEOUGH AT CELESTINE AGENCY; MAKEUP: CORINA DURAN FOR EXCLUSIVE ARTISTS MGMT USING DIOR; MANICURE: MARIEL PIZARRO; STYLIST: NICOLAS BRU AT THEONLY.AGENCY; PROP STYLIST: NANCY BENNETT.

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#InfiniteShine Shade shown: You Sustain Me

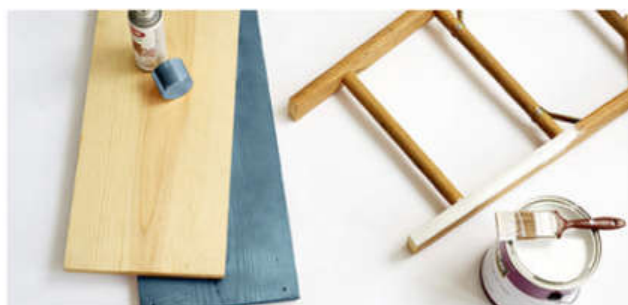
Make an amazing mini closet

Finally: storage space you won't try to hide from guests. Emily Henderson shares this easy how-to that costs you minimal money and time.



◀ Emily Henderson is a stylist, decorator, *HGTV Design Star*, and author of the new book *Styled*.

DOES STUFFING YOUR COAT back into the closet every day make you cringe? This standing rack has been my savior for storing clothes and shoes I wear all the time. It also doubles as a chic piece of decor, meaning you'll *want* to keep it tidier than a closet. To make it, I used a vintage ladder, but you can buy a new one for \$69.99 at an Ace Hardware store. Give it your own style by painting it or covering the shelves with a fun wallpaper, leather, even metal.



1 GET PAINTING Disassemble the ladder and give it a coat of white paint; also paint a 4-foot wooden rod (get one cut to size for you at Home Depot). Two wood planks (one about 4½ feet, one 4¾ feet; about \$8 each from Home Depot) will serve as your shelves. I simply spray-painted these—it literally took minutes.



2 ASSEMBLE IT Using a drill and screws, attach each plank to the bottom two sets of rungs. Be sure to set the lowest shelf forward in order to make room for tall boots. At the top of the ladder, center two pipe brackets on each top rung and attach with screws. Slide the top rod through them and you're done.

PROP STYLIST: SCOTT HORNE AT BIG LEO PRODUCTIONS; HENDERSON: LUKE & KATHERINE GRIFFIN.



Hearth & Soul

The hearth is the heart of the home, and we have some ideas to bring yours to life. Handcrafted berry wreaths and natural sisal deer put nature-inspired optimism on full display. And of course, no fall diorama is complete without the pick of the patch. These handblown crackle-glass pumpkins will do nicely, providing autumn richness wherever you plant them. 🍂

Our new holiday collections have arrived. See them all in stores and at pier1.com.

Pier1 IMPORTS™

3 money rules that get you a happier home

You should love where you live—and be able to afford it, too. Finance pro Nicole Lapin shares the financial keys to a calm, comfortable household.

Former CNN anchor Nicole Lapin is the author of the financial best-seller *Rich Bitch* and one of the stars of the new CW show *Hatched*.

HERE'S SOMETHING you probably don't hear every day but should: More than half of Americans (55 percent) had trouble affording their housing costs over the past three years, according to a 2015 survey by the MacArthur Foundation. Scary, right? It's not only homeowners struggling to write their monthly checks; it's renters, too—both said that in order to pay for housing, they often sacrifice something else important, like saving for retirement, buying nutritious food, or paying credit card bills on time. No home is worth that kind of financial sacrifice. I've said before that if you can't afford to buy a home, there is zero shame in renting, but even that holds true *only* if you rent something affordable and you run your household well. So let's talk house rules.

1 Stick to 35 percent of your budget, max

I don't care if you're renting or buying. I know how tempting it is to spend more, but when you find yourself drooling over a cute Colonial that will cost half your household income, remember: This is one of the—if not *the*—largest expenses you'll ever have, so the amount you spend will determine everything else you can do and pay for in life. By hanging on to 65 percent of your money, you have more freedom with your spending on food, a car, retirement savings, and the old end-of-the-week glass of wine. That said, if a house near your office costs closer to 40 percent of your income but also means you won't need a car, spending a little more might make sense—but only if you budget to ensure the remaining 60 percent is really enough for you. Of course it would feel awesome to live in a palace, but it won't be luxurious for long if you can't pay your bills.

2 Don't expect a house to make you rich

We've all heard over and over that home ownership is a good investment—and it can be, if you have a low-interest, affordable mortgage and you're going to live there for five to 10 years—but it's typically not going to *make* you money the way other investments like stocks might. That's

thanks to inflation: Let's say you bought a house in 1990 for \$75,000 and paid in full. It's worth \$200,000 today. You made a killing, right? Well, no. When you adjust for inflation and subtract the cost of repairs and taxes, you're basically breaking even on that house, and you might be in the hole. Now imagine you kept renting and invested that same \$75,000 in steady index funds like the S&P 500. Today, even with inflation (and the occasional crash, if you can last through it without liquidating your stocks), you'd likely have nearly a half-million dollars. See which one was the moneymaker?

3 Treat your home like a business

Yes, home is where your heart is—but it can also be where your stress starts. Just think about how chaotic closets or ugly stacks of bills make you feel. You're much more likely to feel good in your home if you run it efficiently. Carve out an organized desk space; when your financials and paperwork are shipshape, the rest will follow. Use color-coded file folders to organize mail and bills (I have a zebra-print folder to store "action" items that demand my immediate attention, like credit card bills). To cut down on paper clutter, switch to e-bills if you haven't already, then scan and/or shred anything not tax-related over two years old. Trust me, you'll feel less frazzled at home when you're not paying late fees and wading through piles. And that means you can enjoy being in the home you work so hard for.



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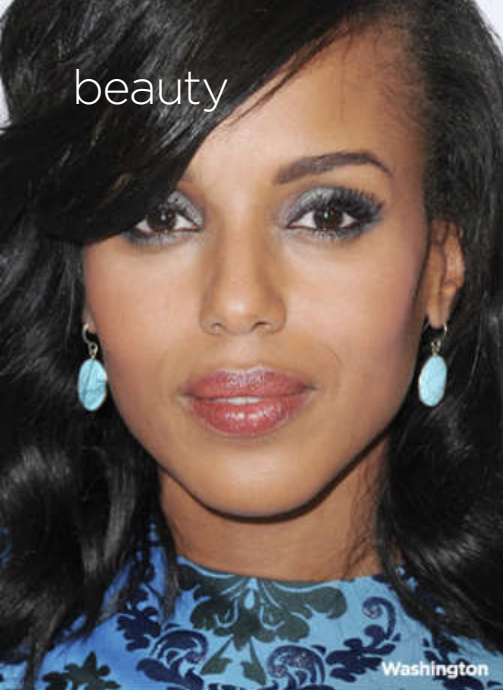
PHOTOGRAPHED BY Lucas Zarebinski

So many reasons to try blue shadow!

For one thing, it brightens your eyes way more than grays and browns. It's such a big trend that there are tons of new shades and formulas (we promise there's one for you). Plus, it's so darn *pretty*. Turn the page for your custom how-to-wear-it guide.

STYLIST: WENDY SCHELAH AT HALLEY RESOURCES

Clockwise from top left: **CoverGirl** FlamedOut Shadow Pencil in Ice Flame, \$3.45. **Jane Iredale** PurePressed Eyeshadow in Blue Hour, \$19. **Clinique** Chubby Stick Shadow Tint for Eyes in Massive Midnight, \$17. **L'Oréal Paris** Infallible Eye Shadow in Midnight Blue, \$7.99. **Maybelline New York** Eye Studio Color Molten Eyeshadow in Sapphire Mist, \$7.99. **Almay** Shadow Softie by Intense i-Color in Midnight Sky, \$4.99.



Washington

IF YOU HAVE DARK SKIN...

"Rich colors like cobalt, along with soft grayish-blues, really stand out on deeper complexions," says makeup artist Carola Gonzalez, who often works with Kerry Washington. "Sweep your shadow on your lids up to the crease, then use a small, narrow brush to run just a touch of the shade under your lower lashes." A few coats of black mascara anchor the look nicely.



Yves Saint
Laurent Full Metal
Shadow in No. 10
Wet Blue, \$30.

Neutrogena
Healthy Volume
Mascara, \$8.49.



Rimmel London
Moisture Renew
Lipstick in Rose
Blush, \$7.49.

IF YOU HAVE FAIR SKIN...

"On lighter complexions, almost any shade of blue, from sky to navy, is lovely," says makeup artist Matin Maulawizada. For the low-key look he created here on Claire Danes, he traced a sapphire shadow crayon along her top and bottom lash lines, then smudged the hue up along her top lids. "Balance colorful eyes with a natural rosy lipstick, which keeps things understated," he suggests.



Danes



Wilde

IF YOU HAVE LIGHT-MEDIUM TO OLIVE SKIN...

"Skip the pastels—they don't tend to flatter—and stick with steely or dark blues, which bring out the golden tones in your skin," says Gonzalez. To replicate Olivia Wilde's sultry eyes, blend a navy shadow on lids, then graze a silvery blue along your brow bones and inner corners of eyes. "For a healthy-looking finish, swirl a tawny-peach blush on your cheeks," Gonzalez says.



Nars Blush
in Amour,
\$30.

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25 readers will win
Revlon ColorStay
Shadow Links in
Cobalt, \$2.99; see
page 170 for details.

CHRISTOPHER COPPOLA/STUDIO D. WASHINGTON: JON KOPALOFF/FILMMAGIC. DANES: GABRIEL OLSEN/FILMMAGIC. WILDE: GARY GERSHOFF/WIREIMAGE.

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FREE YOUR BODY; J MUCKLE/STUDIO
D. LANCOME; BARESKIN; L'OREAL;
COURTESY OF MANUFACTURERS.

pretty is as pretty does.

1 A cute li'l makeup sponge that fits into all the tight spots for flawless blending. Sephora Collection Lip Service Sponge Set, \$8 for 2.

2 This silky lipstick delivers sultry, Liz Taylor-worthy color. Avon Beyond Color Lipstick in Power Trip, \$8.

3 If this clear balm's darling tin doesn't hook you, the addictive lemon-bergamot scent will. Paul & Joe Beauté Lip Treatment Balm Limited Edition No. 2, \$18.

4 Gussy up your ponytail (in a flash!) with a dainty jeweled elastic. Deepa Gurnani Embellished Hair Tie, \$10.

5 Swipe this oil-rich tonic on clean skin for an extra boost of hydration. The Body Shop Oils of Life Intensely Revitalizing Essence Lotion, \$22.

6 This mascara's bristles lift and fan out lashes for a full, fluttery effect. Maybelline New York The Falsies Push Up! Drama Mascara, \$9.49.

7 An ultra-nourishing blend of argan oil, mango butter, and baobab oil, in a lightweight lotion that sinks right in. Free Your Body Body Lotion, \$19.

8 Your insta-fix for dull hair, these suds distribute shine enhancers and nutrients that help smooth frayed strands. L'Oréal Paris Advanced Haircare Nutri-Gloss Shampoo, \$7.49.

9 A bold fuchsia lip stain is über-sexy on olive or dark skin. Ck One All Day Perfection Lipcolor in Flaunt, \$16.

10 With antioxidants and luminizers, this moisturizing concealer puts the kibosh on spots and dark circles. BareMinerals BareSkin Complete Coverage Serum Concealer, \$20.

11 Deep violet polish is *the* nailcolor right now, and this one flatters all skin tones. OPI Venice Collection Nail Lacquer in O Suzi Mio, \$9.50.

12 Swirl together the four shades of this translucent concealer mosaic to nix shine in seconds. Neutrogena Healthy Skin Blends in Clean, \$11.49.

13 This dry shampoo has it all: great oil absorbers, a fresh scent, and zero residue. 25 readers will win Big Sexy Hair Volumizing Dry Shampoo, \$18.95; see page 170 for details.

14 The same all-star skin-balancing ingredients as the original lotion, in a supple cream designed for dry skin. Clinique Dramatically Different Moisturizing Cream, \$14.50 for 30 ml.

15 Make eyes sparkle with a flick of amethyst along top lids. Lancôme Drama Liqui-Pencil in Ampoulé, \$23.

16 This bubbly, fruity-floral body spritz perks you right up. Flower Sparkling Garden Fragrance Mist, \$8.97.

17 Soothe dry winter hands with this buttery, lush-smelling cream. Illume Tonka Noir Lavish Hand Cream, \$20.

The best way to love your HAIR

It's to embrace the type and texture you were born with—and pass on that self-confidence (and styling advice!) to your own family. The mothers and daughters here have done exactly that. Let them inspire *you*.

By Gina Way Photographed by Lee Clower

“My curls can get crazy, but Mom reminds me that natural is gorgeous.”

Kimberly Thornton, 47, and daughter Hailey, 17

“As a kid, I always had short hair,” recalls Kimberly, mom to Hailey and three boys. “When I began growing it out after high school, I accepted that my hair has its own personality and that I couldn’t tame it, but I could learn to manage and *love* it.” Now, she shares those lessons with her daughter. “My curls can get crazy, but Mom says, ‘Let them be wild!’ and reminds me that natural is gorgeous,” notes Hailey, adding, “She’s taught me to wash with conditioner instead of shampoo, because our hair type is so dry.” Kimberly

chimes in, “Use a couple of handfuls and really massage it in, then detangle with a wide-tooth comb before rinsing.” Both women towel-dry their curls with their heads upside down to create bounce, then rake a leave-in conditioner through their damp hair (try Dove Quench Absolute Supreme Crème Serum, \$5.99). “Then every so often, I do my mom’s clarifying treatment, which is adding a little brown sugar to my scoop of conditioner when I wash my hair,” says Hailey. “It acts like scalp scrub and removes product buildup.”





“My daughter helps me appreciate my fine hair.”

Mary Cryder, 43, and daughter Ellie, 13

For Mary, a mom of four, her texture took a turn in her 30s. “I’ve always had a lot of fine hair, but once I had kids, it became thinner,” she says. “Then I spent years flat-ironing it poker-straight, which killed the shine and made it even skinnier.” Today, Mary’s sworn off hot tools and credits *her* mother with

inspiring her to unplug. “My mom and I have the same fine, straight hair, but hers looks great because she’s never used a blow-dryer or iron! So I encourage Ellie not to either.” The advice has sunk in: Ellie air-dries her hair, “which takes hours, so I toss it up in a bun while it’s wet, then sleep on it or take it down at the end of the day and that gives me nice body and wave,” says the teen. She and her mom choose products that are lightweight but hydrating, like Proganix Quench Shampoo and Conditioner (\$9.99 each), and use apple cider vinegar as a rinse treatment to boost shine. “I want Ellie to see that once I stopped trying to make my hair perfect, it got healthier, and that the less I do to it, the fuller it is,” says Mary. “My daughter helps me appreciate my fine hair, so if I teach her to embrace her texture, hopefully she’ll always take good care of it.”

HAIR: COREY TUTTLE. MAKEUP: BRETT JACKSON AT SARAH LAIRD & GOOD COMPANY. MANICURE: RACHEL SHIM AT ABTP.COM. STYLIST: ROBIN PAGE.



Dove
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HAIR SERIES

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Dove knows that naturally curly hair is drier and most in need of nutrient-rich care to stay nourished, strong and manageable. Introducing our most nourishing range ever, NEW Dove Quench Absolute. Infused with Buriti Oil, this rich and creamy range locks in moisture to quench thirsty hair for beautifully defined, healthy looking, touchable curls. Perfectly nourished hair + 4X more defined*, natural curls



*Quench Absolute Shampoo, Conditioner or Mask and Crème Serum versus non-conditioning shampoo.

I tell her that curls are unique—and *beautiful*.

Erin MacDermott, 41, and daughter Maeve, 7

"I make a point of telling my daughter how much I love my curls," says Erin, a veterinarian and mom to twins Maeve and her brother, Finn. "When I was growing up, it seemed like everyone wore their hair straight. But I don't look like myself with smooth hair." Plus, as an avid athlete in high

school, Erin had no interest in spending an hour futzing in front of the mirror. "So I learned that if I left my wet curls alone, they dried fast and defined, without frizz. Now I'm teaching Maeve to do the same thing with her waves and to detangle them before she rinses out conditioner." (For a good curl-enhancing one, try Dove Quench Absolute Conditioner, \$4.99.) Erin also loves showing her little girl all the ways she can style her waves. "With her texture, a ponytail stays perfectly in place, or we'll braid it and take it out at the end of the day so it's even wavier. Hopefully I'm sending the message that curls are unique—and beautiful." Mission accomplished: "I *never* want straight hair," Maeve says with a grin.



THIS PAGE AND OPENING SPREAD: HAIR: COREY TUTTLE; MAKEUP: BRETT JACKSON AT SARAH LAIRD & GOOD COMPANY; MANICURE: ANA-MARIA AT ABTP.COM; STYLIST: CAROLINE WARD.



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Rediscover the curls you were born with

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beautifully defined, natural curls

Dove knows that naturally curly hair is drier and most in need of nutrient-rich care to stay nourished, strong and manageable. Introducing our most nourishing range ever, NEW Dove Quench Absolute. Infused with Buriti Oil, this rich and creamy range locks in moisture to quench thirsty hair for beautifully defined, healthy looking, touchable curls. Perfectly nourished hair + 4X more defined*, natural curls

*Quench Absolute Shampoo, Conditioner or Mask and Crème Serum versus non-conditioning shampoo.



Anti-age your gorgeous eyes

Tired, weary, puffy—our eyes bear the brunt of our hectic lives. Whether you want a fast, temporary fix or long-term solutions, our pro-vetted guide will help you find exactly what you need to look bright, smooth, and beautiful again.

BY KAYLEIGH DONAHUE HODES



Crow's-feet

THE INSTA-FIX: Eye crinkles are the mark of years of smiles, so they're really more like "happy feet." That said, you can play them down by dabbing on an eye cream or high-lighter that contains light-reflecting particles. "The subtle sheen helps creases look softer," says makeup artist Jenn Streicher, who works with Emily Blunt (she likes Yves Saint Laurent Touche Éclat, \$42). Then, a little makeup wizardry can shift the focus away from your eyes' outer corners. Dust a shadow that's one to two shades lighter than your skin on the center of lids, then curl your lashes and apply a volumizing mascara to help eyes look big and open.

A LITTLE MORE HELP: Before you plunk down money for an eye cream, know this: The thin skin around the eyes is the most susceptible to sun damage (which is part of what leads to crow's-feet), so unless you protect it *every day* with broad-spectrum SPF 30 or higher, you're not going to see much improvement. "A physical sunscreen won't irritate eyes—layer one over a serum with potent antioxidants such as ferulic acid or phloretin for bonus UV-fighting benefits," says Arielle Kauvar, M.D., a clinical professor of dermatology at New York University Medical Center. Her favorite sunscreen is EltaMD UV Physical Broad-Spectrum SPF 41 (\$29.50). When you're outdoors, wear thick-sided sunglasses or a wide-brimmed

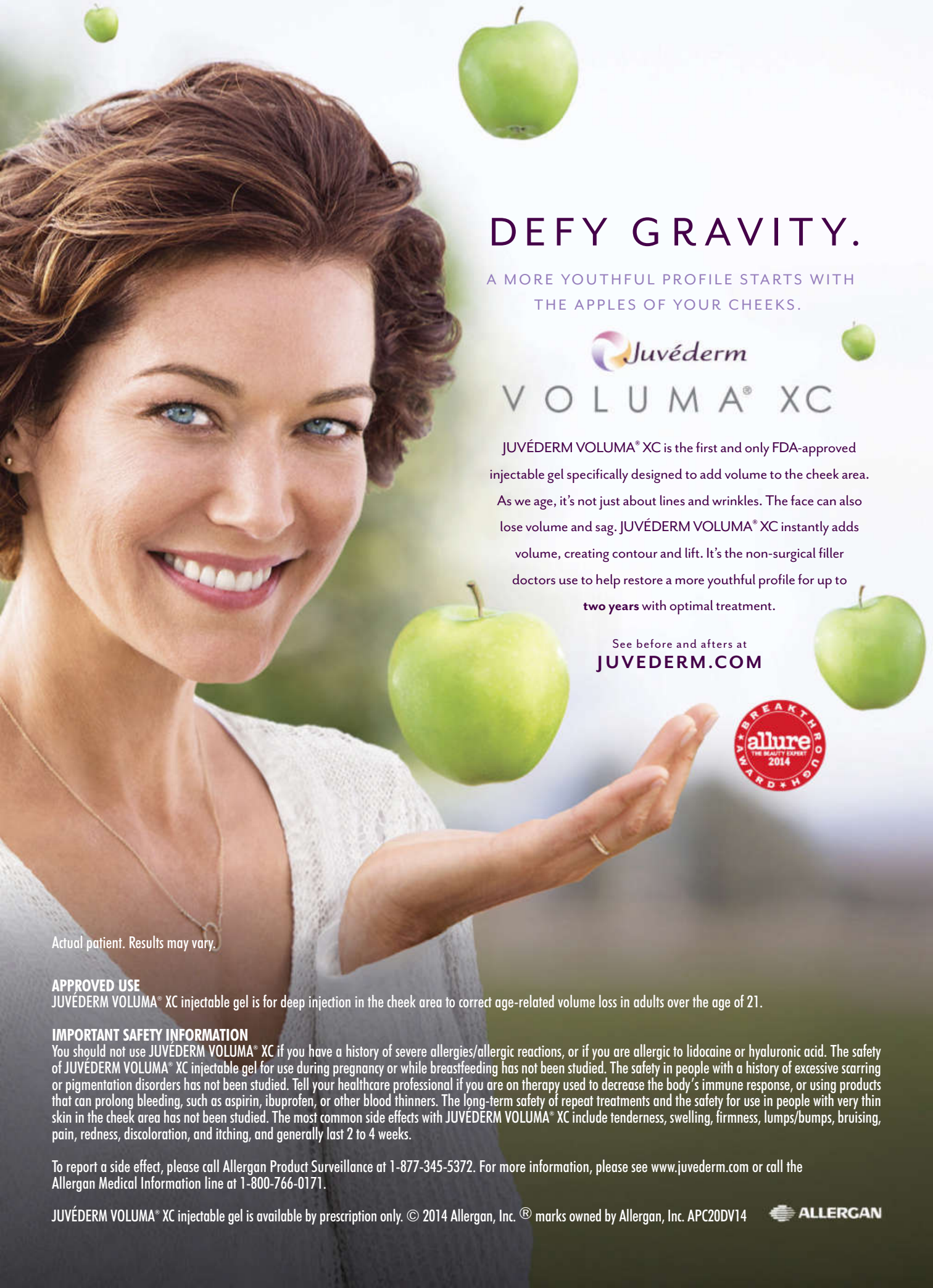


RoC Retinol Correxion Eye Cream, \$22.99.

Tria Beauty Age-Defying Eye Wrinkle Correcting Laser, \$249.

hat to shield your eye area. Then at night, crank up your skin's collagen—the stuff that smooths lines—with an eye cream that contains either retinol or peptides. Replenix All-trans-Retinol Eye Repair Cream (\$75) has both, which is why doctors love it. A great retinol formula is RoC Retinol Correxion Eye Cream (\$22.99). And sleep on your back with a support pillow behind your head; "it'll prevent the skin folding that can exacerbate eye crinkles," says dermatologist Harold Lancer, M.D., of Beverly Hills, CA, whose patients include Beyoncé.

A LOT MORE HELP: For deep-set creases, the new FDA-approved, at-home Tria Beauty Age-Defying Eye Wrinkle Correcting Laser was shown in clinical trials to reduce crow's-feet by 20 percent—if you commit to using it for two minutes every night for eight weeks, then repeat the cycle every one to two months to prevent new lines. At \$249, it's an investment, "but the Tria works the same way as an in-office laser to stimulate new collagen in the skin, just at a lower energy level," says dermatologist Leslie Baumann, M.D., founder of Baumann Cosmetic & Research Institute in Miami. For a faster fix, a dermatologist can administer Botox, "which can completely eliminate mild to moderate crow's-feet," she says. The injectable is typically done three times a year and costs \$300 and up per treatment. ➤



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You should not use JUVÉDERM VOLUMA® XC if you have a history of severe allergies/allergic reactions, or if you are allergic to lidocaine or hyaluronic acid. The safety of JUVÉDERM VOLUMA® XC injectable gel for use during pregnancy or while breastfeeding has not been studied. The safety in people with a history of excessive scarring or pigmentation disorders has not been studied. Tell your healthcare professional if you are on therapy used to decrease the body's immune response, or using products that can prolong bleeding, such as aspirin, ibuprofen, or other blood thinners. The long-term safety of repeat treatments and the safety for use in people with very thin skin in the cheek area has not been studied. The most common side effects with JUVÉDERM VOLUMA® XC include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching, and generally last 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

JUVÉDERM VOLUMA® XC injectable gel is available by prescription only. © 2014 Allergan, Inc. ® marks owned by Allergan, Inc. APC20DV14



Dark circles

THE INSTA-FIX: You know how in photos, the right filter can blur away dark circles? In real life, applying the right concealer will work similar magic. “A peach-tinted concealer helps offset bluish circles, while one with pink or, for dark skin, red undertones counteracts brown circles,” says makeup artist James Boehmer, director of global artistry for Nars cosmetics. “Pick a cream formula that’s not too thick and has light-reflective particles to help brighten skin.” Try Nars Radiant Creamy Concealer (\$29). If you wear foundation or BB cream, put that on first (you’ll often find you need less concealer), then use your ring finger to lightly dab concealer just on the dark areas.

A LITTLE MORE HELP: Dark circles are tricky to treat because they’re caused by a whole hodgepodge of issues, including too much pigment due to sun exposure, thinning skin, leaky capillaries, and iron buildup in your blood. So dermatologists suggest that if you’re going to tackle ‘em with eye cream, invest in one that targets all these issues. That means a formula with vitamin C (look for L-ascorbic acid, one of the most effective versions, on the label) to lighten excess pigment, caffeine to constrict blood vessels, peptides to thicken skin over time, and antioxidants like ferulic acid and phloretin to protect from sun damage. “Pat it on clean skin morning and night before any other skin care to allow the active ingredients to penetrate your skin better,” says Baumann. For an all-in-one fix, Kauvar and Baumann both recommend SkinCeuticals AOX+ Eye Gel (\$92). We also like La Roche-Posay Active C Eyes (\$42.99), an antioxidant-rich formula with L-ascorbic acid. In the morning, be sure to follow with an SPF 30 or higher sunscreen, because UV damage will only make dark circles worse.

A LOT MORE HELP: Skin care alone can improve under-eye circles by about 20 percent, but a series of laser treatments performed by a dermatologist can reduce them by up to 75 percent. “For brown circles, a Q-switched laser can break up the excess pigment; if you have blue circles due to leaky or dilated blood vessels, a VBeam or Excel V vascular laser can seal up the capillaries,” explains Kauvar. For either treatment, you’re looking at three 10-minute sessions spaced four to six weeks apart, at a cost of \$300 and up per session.



La Roche-Posay Active C Eyes, \$42.99.

SkinCeuticals AOX+ Eye Gel, \$92.

Nars Radiant Creamy Concealer, \$29.

25 readers will win 100% Pure Organic Coffee Bean Caffeine Eye Cream, \$25; see page 170 for details.

Under-eye bags

THE INSTA-FIX: Swollen eyes can crop up after a night of too much chardonnay or weeping through a Nicholas Sparks marathon, while permanent lower eye bags are caused by fat pads under the skin that have slipped out of place (more on that in a sec). To nix temporary puffiness, think like Tom Brady and try this deflating trick: Make a cold compress of either a washcloth or two caffeinated tea bags steeped in ice water for several minutes; lay the cloth or bags over your eyes for five to 10 minutes. “The cold and caffeine constrict blood vessels to reduce swelling,” says Baumann. Then, for any type of under-eye bag, this 60-second move can make you look like you slept eight hours: “Using a concealer two shades lighter than your skin and a superfine brush, such as an eyeliner brush, trace the makeup directly on the shadowy crevice that’s just under the bag, which creates the illusion of smooth skin,” says Streicher. “Just don’t put concealer directly on the bags, which ends up highlighting them.”

A LITTLE MORE HELP: If you’re prone to puffiness, sleep with two pillows under your head to prop you up so fluid under your skin is less likely to pool around your eyes. And stash a caffeine-rich eye cream in your fridge to pat on when you’re swollen-eyed. Try 100% Pure Organic Coffee Bean Caffeine Eye Cream (\$25). If you suffer from allergies (which can trigger puffiness year-round), consider running a HEPA air purifier—a type of filter that traps pollen, dust mites, and dander—in your bedroom while you sleep.

A LOT MORE HELP: Permanent eye bags happen when the skin and tissue around our eyes becomes lax with age, often after 40. “This allows for the fat pads to bulge out and become visible under the skin,” says Michelle Yagoda, M.D., a New York City plastic surgeon. While no cream can fix this problem, injectibles can minimize it. “A hyaluronic acid filler such as Juvéderm Voluma or Restylane Lyft plumps the surrounding skin so bags seem less pronounced,” says Kauvar. Results last about a year and cost \$700 and up to treat both eyes. Then, there’s also that trick that instantly lifts under-eye skin and doesn’t cost a thing: a great big smile. ®

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Leslie Mann has such smart tips

The 43-year-old funny girl is serious about sun protection, drugstore mascara, and 60-second makeup—plus, her advice is as refreshing and easygoing as she is.

REDBOOK: You and your husband, Judd Apatow, have been together for 20 years. Is there any grooming task he hasn't seen you do?

LESLIE MANN: Probably not! He knows my whole routine by now. Though once, he began using my purple-tinted shampoo, not knowing it's meant for blondes, and it turned his hair this weird color. He didn't understand *what* was happening.

LESLIE'S MUST-HAVES

Chanel Rouge Allure Velvet Intense Long-Wear Lip Colour in L'Exubérante, \$36.

Kiehl's Magic Elixir Hair Restructuring Concentrate, \$20.

Jergens Ultra Healing Extra Dry Skin Moisturizer, \$3.99.

The Body Shop Exfoliating Bath Gloves, \$5.

SkinCeuticals C E Ferulic serum, \$162.

Rimmel London Volume Accelerator Mascara, \$8.99 (25 readers will win one; see page 170 for details).

win it!

RB: That's really funny. What else do you use on your hair?

LM: I like oils: Kiehl's Magic Elixir gives me shine without weighing down my hair. And now I prefer a cleansing conditioner instead of shampoo—Pureology Hydrate Cleansing Condition really helps my fine, frizzy hair.

RB: Is there a makeup skill you've mastered?

LM: I don't want to brag, but I'm great with mascara. My favorite one is Rimmel Volume Accelerator because it has the best wand, plus ingredients that help your lashes grow. And it's only \$9! I wear it with whatever lip gloss is floating around in my car or purse, though for dressing up, I love a bright pink lipstick like Chanel Rouge Allure Velvet in L'Exubérante. Then I'm all done, because I don't know how to do the other stuff like contouring or applying eyeshadow.

RB: Your daughters are 16 and 13—what are you trying to teach them about beauty?

LM: That they're beautiful the way they are. It's hard with girls today because of social media—everybody looks so flawless on Instagram, it messes with girls' heads. It's nice when people look real, but that doesn't happen often. And I'm teaching them to wear sunscreen and avoid the sun. People make fun of me because I'm that person who goes to the beach and wears a long-sleeve shirt, big hat, and pants.

RB: Well, your complexion looks perfect! Along with sunscreen, what are your other skin-care essentials?

LM: I use Tatcha One Step Camellia Cleansing Oil followed by a vitamin C serum and La Mer eye cream. For day, I like La Mer The Reparative Face Sun Lotion SPF 30. Also, a few years ago, I noticed that my body skin wasn't looking as good as it once did, so a friend told me to scrub with exfoliating gloves when I shower. Afterward, I slather on Jergens Ultra Healing Body Lotion, and the combo keeps me smooth.

RB: Speaking of body tricks, how do you stay in shape?

LM: Oh, I'm so inconsistent about exercise. I have periods where I'll work out four times a week, then I'll quit for months. I probably lean more toward those down periods.... You read about actors who wake up at 4 a.m. so they can get in a workout—that's definitely not me. I'd much rather sleep!

—As told to Kate Sullivan

Nail the look with Terra-Coppa,
Per-Suede and Cream of the Crop

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Terra-Coppa

Buffalo Nickel

Wash your face a totally new way

Sticks, muds, sponges—we tested some very unusual cleansers, and found five that do a lot.

BY MARISSA OLIVA

UNCLOGS PORES:
Boscia Charcoal Deep-Pore Cleansing Stick Treatment, \$28 (25 readers will win one; see page 170 for details.)

"I massaged this stick, which has charcoal to draw out impurities, on my wet skin each night, focusing on my T-zone.

Within a few days, the blackheads on my nose were history!"

—Tiffany Blackstone, deputy editor

win it!

GENTLY EXFOLIATES:
Julep Konjac Cleansing Sponge, \$12

"Once you wet this all-natural, squishy sponge, it cleans and exfoliates like a dream. I used it every night for two weeks, and my skin became brighter and smoother."

—Lauren Spencer, assistant managing editor

CALMS ACNE-PRONE SKIN:
Bioré Deep Pore Charcoal Cleanser, \$7.99

"The liquid comes out black, then turns white once you suds up. After washing with this for a month, not only was my complexion glowier, but I had fewer breakouts, too."

—Brie Schwartz, Web editor

SOOTHES SENSITIVE SKIN:
Drunk Elephant JuJu Bar, \$28

"I couldn't believe a gray bar left my face feeling so clean and moisturized! It's got thermal mud to detoxify, and the bamboo powder in it creates a mild buffing effect, but it didn't irritate my touchy skin."

—Gina Way, beauty writer

ONE-STEP WONDER:
Sephora Collection Black Magic Makeup Remover Cloths, \$12 for 2

"Perfect for lazy girls like me, this genius fiber washcloth took off all my makeup and cleansed my skin just by adding water. Plus, it's reusable for up to eight months."

—Victoria Kirby, beauty director

JERGENS.



Leslie Mann

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5 beauty tricks I just learned

Beauty director Victoria Kirby delivers the straight dish on everything you need for radiant skin, soft hair, and makeup that brings your complexion to life.

NUDE LIPSTICK SHOULDN'T MATCH YOUR LIPS

If I had a dime for every neutral lipstick I've bought that turns out to be all wrong on me, I could afford my own glam squad. So I asked Jessica Alba's makeup artist Monika Blunder for a nickel's worth of free advice. "When shopping for a nude lipstick, choose one that's either a shade lighter or a shade darker than your natural lips," she told me. "If you pick one that matches them, it'll wash you out." Her smart tip led me to my new go-to hue: L'Oréal Paris Colour Riche La Lacque Lip Pen in No. 209 Choco-Lacque (top right, \$9.99).



You can supercharge your anti-aging products

Like adding a shot of wheatgrass to your smoothie, a new crop of serums are designed to be used with any anti-aging cream to rev up results. Known as booster serums, these formulas can be blended directly on clean skin or into your dollop of moisturizer to target specific issues. Say you want to tackle spots: Paula's Choice Resist C15 Super Booster (\$48) delivers a potent dose of vitamin C. Want extra wrinkle-smoothing power? Avon Anew Power Serum has peptides and soybean extract to kick-start collagen (25 readers will win it; see page 170 for details).



Avon Anew Power Serum, \$40.

THIS D.I.Y. TREATMENT SHRINKS A PIMPLE, STAT
All without leaving your skin dry or flaky. It comes from Ava Shamban, M.D., an assistant clinical professor of dermatology at the David Geffen School of Medicine at UCLA: "Make a paste of chilled plain yogurt, which contains lactic acid to exfoliate; one crushed aspirin, which has salicylic acid to unclog pores; and a sprinkle of nutmeg, an anti-inflammatory. Dab the mix on the zit; leave it on for 10 to 15 minutes. Rinse and apply hydrocortisone cream to the area to bring down redness overnight."

The best frizz fighter is your own hands

And it's what you *don't* do with them that really counts.

"Women with curly or textured hair often scrunch their curls while they're damp, but too much friction on wet hair triggers frizz," says Lisa Price, founder of Carol's Daughter beauty products, whose own curls are so shiny I trust anything she says. "I use a very light touch when applying products, and once my hair is completely dry, then I fluff and scrunch my curls."

For a good frizz tamer, dab on her new Combing Creme—then keep your paws off your wet hair.

Carol's Daughter Sacred Tiare Combing Creme, \$10.



FOR A FLAWLESS MANI, IT'S ALL IN THE BRUSH

If you've ever used a cotton swab to remove polish that's seeped onto your cuticles, only to end up with fuzzy bits stuck to your wet nails, you'll appreciate this easier cleanup: "Dip any small, thin brush—like a detail paintbrush—in polish remover to take off color that's gotten on your fingers," says manicurist Rachel Shim, who does the nails for fashion shows like Tory Burch. "Do this while the polish is still wet on your skin and it'll wipe right off without leaving a stain or messing up your manicure."

JERGENS.



Leslie Mann

Your hair and face get all the love.

**BUT WHAT ABOUT
THE OTHER 90%
OF YOUR BODY?**

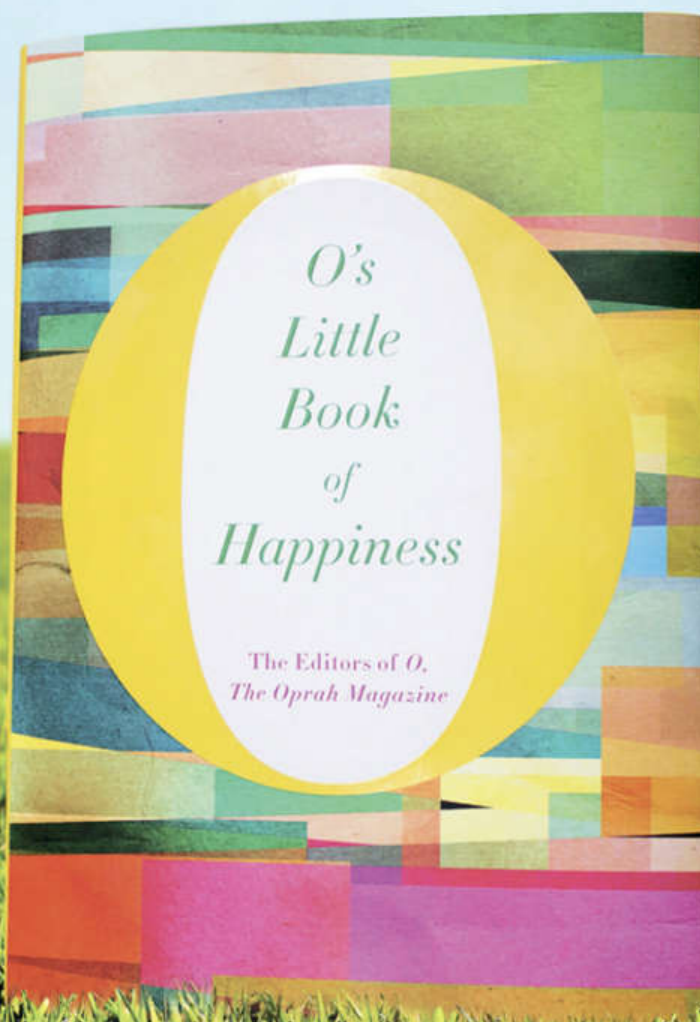
Jergens® Ultra Healing® Moisturizer. Deeply penetrates the surface and repairs dry skin with lasting hydration. Skin so healthy looking, you're 100% beautiful.

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a straight line, but there are
so many opportunities
for wisdom along the way.”

—Oprah Winfrey



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STYLE

You deserve a great new coat

Let this be the year you swear off the 3 B's: boring, black, and bulky. It's so much easier to face dark days in a coat that's colorful or has a unique shape or cool details. The one here has all that good stuff, and it's just the start.

Turn the page for 16 more picks that'll keep you toasty *and* make you gorgeous.

Coat, \$298;
bananarepublic.com. Top,
\$49.95; gap.com. Jeans,
Faded Glory,
\$14.94;
walmart.com.

STUDIO D. HAIR: BENNETT GREY AT ABTP.COM. MAKEUP: ROBERTO ALVARADO JR. USING MAKE UP FOR EVER.

16 coats you'll love

Fashion, meet function. These picks bring the warmth, add the stylishness, and keep you looking trim.

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A slimming flared-hem shape and dressy details take this ultra-snuggly style into statement-making territory.



\$59.90;
forever21.com.



Apt. 9, \$200;
kohls.com.



\$298; lululemon.com
(available early November).



Coat, \$179
(sizes XS to
XL), \$199
(sizes X to
3X); talbots
.com. Dress,
\$100; rdstyle
.com. Tights,
\$16; hanes
.com.

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Whether you go for a fun hue or classic navy, you'll wear it forever. Ones with hems that hit just below the hips are most flattering.



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.com. Sizes XS to 4X.

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hm.com.



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ae.com.

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You can throw this tailored style over anything and instantly look polished. Busty ladies, pick small lapels: They won't add heft to your top.



\$58;
tokyodarling.com.



Fresh, \$39.99; walmart
.com. Sizes S to 4X.

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Babaton for Arizia,
\$295; arizia.com.



\$275;
stories.com/us.

SOFT WRAPS

These waist-cinchers make you feel like you're bundled up in a cozy robe but are glam enough to take out on the town for special occasions.



Merona, \$69.99; target
.com (available November 1).



Jessica Simpson,
\$140; macys.com.



\$350;
massimodutti.com.



\$130; ashleystewart
.com. Sizes 12 to 26.

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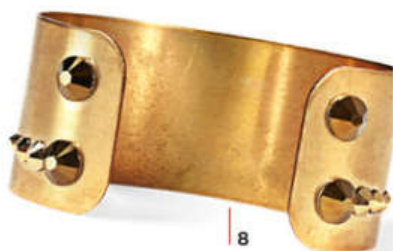
1



2



3



8

FASHION under \$50

We'll be right there with you at the table giving thanks for these fab finds (in our heads, of course).



4

COMES IN
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7



6



5

GO NEUTRAL—BUT STAY INTERESTING!

1 This will make it seem like you could be toting stacks of *cash*. Tote, \$43.20 (includes 20% discount using code RB1120R); gojane.com. **2** Brighten up dreary days (and simple pieces) with a sunny pullover. Sweater, \$39.95; aerie.com. **3** The stacked heel on these beauties means you can easily walk—or, better yet, strut—everywhere. Boots, \$42.95; justfab.com. **4** Take this light layer out on date night, too: Unzipped to show a hint of cleavage and cinched tight at the waist, it's the perfect match for a sexy pencil skirt. Jacket, \$34.99; rue21.com. Sizes 1X to 3X. **5** Sheer frames hide tired eyes, not your pretty face. Sunglasses, \$17; lulus.com. **6** A little disco, a little edgy, all kinds of cute. Earrings, Marc by Marc Jacobs, \$42; couture.zappos.com. **7** The formula for a dreamy skirt: a flattering A-line cut and lots of swish per step. Skirt, \$44; joefresh.com. **8** As all power dressers know: Speak softly and wear a big, cool cuff. Cuff, \$39; aprilsoderstrom.com (20% off with code REDBOOK20).



9



10



COMES IN
plus

16



15



14



11



14



12

BE GLAMOROUSLY RUSTIC

9 Every relaxed piece needs a spiffy counterpoint. May we suggest you make these comfy loafers your go-to? Flats, \$34.99; shoppruche.com (25% off with code REDBOOK25). **10** No more fighting over his flannel. Shirt, \$21.97; shoppriceless.com (10% off with code REDBOOK10). **11** This may knot leave your wrist all winter. Bracelet, \$45; cameonouveau.com (25% off with code REDBOOK25). **12** These look like your fave old-school sneakers but have the soul of a cozy fleece boot. Sneakers, Mossimo, \$34.99; target.com. **13** Pearl-embellished boyfriend jeans: funky, yes, and a super-fast route to drinks-out perfection, too. Jeans, \$44; gojane.com (20% off with code RB1120R). **14** A colorful bag makes lazy-day outfits feel thought-out. Bag, \$48; danielle-nicole.com. **15** Who knew conversation pieces could be so delicate? Ring, \$34; chloeandisabel.com. **16** This jacket's sublimely soft exterior will make you fall in loooooove. Jacket, \$44.94; oldnavy.com. Sizes XS to 4X.



MIX LADYLIKE WITH FOXY

17 Add sleek pumps for work, strappy sandals for cocktails, flat boots for brunch—this do-it-all dress goes everywhere. Dress, \$39; joefresh.com. **18** A handcrafted twist on classic teardrop-shaped studs. Earrings, \$29; silpada.com. **19** The one reason not to use this bag? If you're allergic to compliments. Clutch, \$34.99; shopprimadonna.com (20% off with code REDBOOK20). **20** Instantly raise the energy of your look with a hot-pink-and-cobalt neck wrap. Scarf, \$33; shiraleah.com. **21** These eye-catching stilettos are sexy and *they know it*. Heels, \$29.99; amiclubwear.com (45% off with code RB45NOV). **22** Big fun in a dainty little package. Ring, \$40; lotusjewelrystudio.com. **23** Your new fave black skirt is flirty, flattering, and (thanks to the thick, stretchy fabric) as comfy as sweatpants. Skirt, \$49.95; gap.com. **24** A showy zipper detail makes this streamlined cobalt sweater feel anything but basic. Sweater, \$38.90; fashiontofigure.com (15% off with code FTFREDBOOK). Sizes XL to 3X.

style

THE INSTANT O

Your fix for blank-closet stare: Add a handful of affordable new pieces to the basics you rely on.



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Pretty updates on your fave shapes do great things for your body *and* your style.

1 A GRAPHIC-PRINT DRESS
Ava & Viv, \$29.99; target.com. Sizes X to 4X (available November 1).

2 A TIE-NECK BLOUSE
Roaman's, \$29.99; fullbeauty.com. Sizes 12W to 32W.

3 CULOTTES \$89.90; eloquii.com (**20% off with code REDBOOK20**). Sizes 14 to 24.

4 A MOTO JACKET
\$99.95; lanebryant.com. Sizes 14 to 32.

5 A DARK FLORAL SKIRT
\$54.50; torrid.com. Sizes L to 6X.

On Christina, 3 basics you probably own:

A BUTTON-DOWN \$44.95; coldwatercreek.com.

Sizes 1X to 3X. **SKINNY JEANS** Jordache, \$16.44; walmart.com. Sizes 16 to 26.

BLACK HEELS Nine West, \$69; zappos.com.



win them!
5 readers will win the new items on this page and the new accessories. See page 170 for details.



OUR POLL OF 1,000+ READERS SHOWS YOU ALREADY HAVE BASICS LIKE THESE:



A blazer, \$88; gap.com. Sizes 0 to 20.



A flowy scarf, \$16; shopdavidandyoung.com (**20% off with code REDBOOK20**).



A pencil skirt, Hell Bunny, \$49.99; modcloth.com. Sizes XS to 4X.



A black belt, Isaac Mizrahi Live!, \$38.50; qvc.com. Sizes XS to 3X.



A sleeveless dress, \$69; landsend.com. Sizes 0 to 26.



A crewneck sweater, \$149 (sizes XS to XL), \$169 (sizes X to 3X); talbots.com.



Ankle boots, Apt. 9, \$74.99; kohls.com.

UTFIT PLANNER

Find the flattering picks for *your* size here, then read on for mix-and-match magic.

STUDIO D HAIR: BENNETT GREY AT ABTP.COM; MAKEUP: ROBERTO ALVARADO; STYLING: RICHARDSON LUTHER/STUDIO D; GROOMING: KEVIN WHEENY/STUDIO D; STYLING: NORINE SMITH AT HALLEY RESOURCES; KRISTY VANT AT MARK EDWARD INC.



PICK THESE IF YOU'RE SIZE 0 TO 12

Modern patterns and muted tones boost your wardrobe's energy in a sophisticated way.

1 A TIE-NECK BLOUSE Eva Mendes for New York & Company, \$49.95; nyandcompany.com.

2 A GRAPHIC-PRINT DRESS Attention, \$26.99; kmart.com.

3 A DARK FLORAL SKIRT \$148; annataylor.com.

4 CULOTTES \$39.90; zara.com.

5 A MOTO JACKET Mossimo Supply Co., \$44.99; target.com.

On Adora, 3 basics you probably own:

A BUTTON-DOWN \$34.95; coldwatercreek.com. Sizes XS to XL. **SKINNY JEANS** Jordache, \$16.44; walmart.com. Sizes 4 to 16. **BLACK HEELS** Nine West, \$69; zappos.com.



4

5



win them!
5 readers will win the new items and accessories on this page. See page 170 for details.



A striped tee,
\$29.95; lbean.com.
Sizes XS to 3X.



Black tights,
\$5.90;
forever21.com.

3 NEW ACCESSORIES TO GET:



CAGE HEELS,
Anne Michelle,
\$39; lulus.com
(20% off
with code
RB20LULUS).



A BLANKET SCARF,
Apt. 9, \$40;
kohls.com.



OXFORDS,
Crown Vintage,
\$39.95; dsw.com.

PHOTOGRAPHED BY Lauren Perlstein

THE CURVY-GIRL GAME PLAN

Cinch the scarf high and let it flow into the culottes to visually stretch your frame.



With same-color tights, you'll look as tall in comfy flats as you do in heels.

Show some skin (roll sleeves, open collars)

A belted jacket and crisp shirt will take a sexy dress to work—and keep you sleek.

Button-downs with a curved hem won't add bulk to your hips when untucked.



The deep V created by tying this bow low takes attention off a large bust.

and you won't disappear under layers.

THE SIZE-0-TO-12 LOOK BOOK



Give stuff new jobs (the jacket is a chic

Flipping the order of layers—like wearing a sweater *under* a dress, not over—can make them feel fresh.

Tying the bow in different ways totally changes the vibe—it's like a built-in scarf.



Take this Saturday-night outfit to the office Monday with tights and pumps instead of strappy heels.

top in #4) and you'll never look boring.

REAL-WOMAN STYLE CRUSH

Look polished in less time

Aracely Collins, a Washington, DC-based executive, blogger, and mom, stocks her closet with pieces that make it easy for her to throw together an amazing outfit. They'll do the same for you.

Shine at the office

"A sparkly piece can be appropriate if everything else is simple—and it lets you skip the jewelry!"



Stock up on midi skirts

"They soften up work looks and make my waist seem smaller. What girl doesn't want that?"

Play with your button-downs

"I like crisp white ones: It's so easy to change their vibe. I used this ribbon tie to bring out its menswear side."



Update a power look

"I never wear matching suit pieces. Mixing neutral blazers and bottoms is more interesting."

Have a (cool) uniform

"I'm obsessed with my J Brand skinny jeans and H&M's striped tees. I change up the look with different printed jackets."



Do-it-all pumps are key

"Simple pointed black d'Orsay pumps work with everything from jeans to office outfits to sexier date-night pieces."

 This test paper demonstrates the Dove difference.



Soap can weaken proteins in your skin



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This test paper represents proteins found in skin. After just 90 seconds of direct contact with soap, the proteins are weakened.

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style

9 excellent reasons to wear layers



THE MAGICAL SLIMMING BUTTON-DOWN

The Skinny Shirt may look like a dubious infomercial product, but our fashion market director, Sarah Gerrish, swears by the faux button-down. "I'm curvy, and before I started wearing my white Skinny Shirt, I never layered tops under sweaters because I looked squeezed," she says. "This has built-in shapewear that sucks in my tummy and arms." \$77; skinnyshirt.com (20% off with code REDBOOK20). Sizes XS to 1X.



DOUBLE UP ON COATS

Coats with leather accents are bigger than ever... and can come with huge price tags. So thank you to Penny Pincher Fashion blogger Kimberly Smith (left) for showing us how to combine two pieces we already own—a slim motorcycle jacket and a simple wool coat—to get the look of a pricey leather-trimmed overcoat. The trick: Fold the jacket's lapels neatly over the wool ones for the perfect balance of edgy and polished.

TIGHTS WITH EXTRA BENEFITS

These three ingenious picks will keep you toasty *and* super-comfy. Kushy Foot's fleece-lined style (\$26.97 for 3 pairs; kushyfoot.com, 15% off with code REDBOOK15) has soft ridges on the soles that make it feel like you're getting a gentle foot massage when you walk. If you wear socks over tights to cushion your feet in boots, try Bootights (from \$25; bootights.com): They end in padded ankle socks with a flat seam across the front that won't squish toes. Tend to run warm? The fabric of Hanes's new X-Temp styles (from \$15; hanes.com) activates when you sweat, wicking moisture away to cool you.



BE CONFIDENT IN A SWEATER DRESS

This cute dress is nothing like its clingy-in-all-the-wrong-spots cousins. The thicker, shorter top draws eyes up and makes your bottom half look slimmer in comparison. And, lightbulb moment: You can mimic this flattering look—and get more wear out of a summer piece—by throwing a cropped sweater over any sleeveless tight-fitting dress. \$149; calvinklein.com.

Get more out of a turtleneck sweater



Let the flipped-up collar of a colorful button-down [1], a printed cotton turtleneck [2], or a knotted scarf [3] peek out of the top of your favorite piece of frigid-weather armor. You get more warmth, less itch from scratchy knits, and a new look every time.

Sweater, Wilfred for Aritzia, \$165; aritzia.com. Shirt, \$59; landsend.com. Sizes 2 to 26. Turtleneck, \$44; ilbean.com. Scarf, \$38; echodesign.com.

STILLS: KEVIN SWEENEY/STUDIO D. STYLIST: KRISTY VANT AT MARK EDWARD INC. ON FIGURE. FROM BOTTOM RIGHT: LAUREN PERLSTEIN/STUDIO D; COURTESY OF MANUFACTURER; COURTESY OF PENNY PINCHER FASHION.

Because of you, we can keep finding cures.

Apollos | at age 2
brain cancer

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Because of you, discoveries at St. Jude Children's Research Hospital® have helped push the overall childhood cancer survival rate from 20% when we opened to 80% today. But it's not the same for every child. We won't stop until no child dies from cancer.

Because of you, there is St. Jude.
Visit **stjude.org** to join our mission.



I was one of the **1** in **5**
Children in America who
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Join me and help put an
End to childhood hunger.

Viola Davis



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SAFEWAY 
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The *Hunger Is* campaign is a collaboration between The Safeway Foundation and the Entertainment Industry Foundation to raise awareness and improve the health of hungry children.


ENTERTAINMENT
INDUSTRY FOUNDATION

The Safeway Foundation and the Entertainment Industry Foundation are 501(c)(3) tax-exempt organizations. Photo by: Nigel Parry



red

BODY

PHOTOGRAPHED BY The Voorhes

The food that keeps you bright

Here's a whole new reason to go green: People who ate one to two servings of leafy greens per day (like spinach and kale) had the mind of a person *11 years younger*, a recent study on older men and women shows. These veggies are rich in nutrients like vitamin K, lutein, and folate, which help slow memory loss and maintain quick thinking, says lead study author Martha Clare Morris, director of nutrition at Rush University in Chicago. Side salad: 1, truffle fries: 0.

NOVEMBER'S SUPERFOOD

Pomegranate

Even more proof that the best things come in small—even teeny—packages: Pomegranate seeds contain vitamin K, which helps strengthen bones, plus antioxidants (like anthocyanins and flavonols) that may help lower your risk for breast and colon cancers. “Choose whole pomegranates over prepackaged containers of seeds. When you crack a whole one open, the seeds will be fresher and therefore more nutrient-rich,” says Florida-based certified holistic health coach Renée Rosen. Then eat ‘em this way:

GF IN A BREAKFAST BOWL Stir 2 Tbsp cocoa powder and 2 tsp honey into 1 cup nonfat plain Greek yogurt. Top with ½ cup pomegranate seeds, sliced bananas, and 2 Tbsp chopped pistachios. Your humdrum yogurt just turned into a party.

GF AS A SURPRISING SIDE Toss a head’s worth of chopped cauliflower florets with 1 Tbsp olive oil, salt, and pepper, and roast on a baking sheet at 425°F for 15 minutes. Whisk 2 Tbsp tahini with 1 Tbsp warm water; drizzle over warm cauliflower. Add ½ cup pomegranate seeds and a handful of chopped fresh parsley. So good with fish, like roasted salmon.

GF STUFFED INTO A SWEET POTATO Top a medium baked sweet potato with 1 tsp coconut oil, 2 Tbsp pomegranate seeds, and 1 Tbsp chopped fresh cilantro. It’s sweet, tart, creamy, and crunchy, all at the same time. —Marygrace Taylor

GOT A COLD? EAT THESE Like your usual go-to’s (honey, ginger, Mom’s chicken soup), these tasty foods could give you a much-needed push toward recovery.

COCONUT WATER

Replenishing the fluids you lose from a fever helps you rebound, says New York-based registered dietitian Ilyse Schapiro. Raw coconut water restores essential electrolytes, but without the added sugar of a sports drink. If you’re up for it, try freezing the stuff into ice pops.



MINT LEAVES

Steep a few fresh leaves in hot water and sip it like tea. Studies show that inhaling mint can give you the sensation that you’re breathing easier, and drinking hot liquids can make you feel like you’re getting better—even if you still *look* kinda like a zombie.



PUMPKIN SEEDS

When taken at the first sign of a cold, zinc (a common ingredient in cold supplements) can help you bounce back faster, studies show. Grab some of those healing properties by snacking on these zinc-filled seeds, Schapiro recommends. —M.T.



Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

HEART HEALTH FOR THOSE WITH HEART

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Per one-ounce serving.

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 **california
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CRUNCH ON



Super, slimming leftovers

Have yourself a traditional Thanksgiving—then use the rest of the turkey to get your health back on track, thanks to Hungry Girl Lisa Lillien's creative takes.

ONE OF MY FAVORITE THINGS about Thanksgiving is juicy turkey breast (skinless, always!). It's so delicious and protein-packed. But rather than eating it drowned in leftover gravy day after day, I like to change it up with these easy recipes.

SIGN UP for Hungry Girl's free email newsletters at hungry-girl.com to get new recipes, tips, and tricks every day.

BBQ TURKEY PIZZA

"I'm so sick of turkey. Let's just order pizza." You *know* you've heard that. I've got the best compromise: mini pizzas that taste like the sunny 4th of July instead of chilly Black Friday.

- 6 oz** chopped skinless turkey breast
- 4 Tbsp** barbecue sauce
- 2** whole-wheat pitas
- ½ cup** shredded part-skim mozzarella
- 3 Tbsp** finely chopped red onion
- Parsley leaves (optional)

Toss the turkey with 2 Tbsp barbecue sauce. Top each pita with 1 Tbsp barbecue sauce, then divide the mozzarella, turkey mixture, and onion between them. Bake at 375°F until toasty, about 10 minutes.

Sprinkle with the parsley (if using).

Makes 2 servings. Per serving: 378 cal, 8.5 g fat (4 g sat fat), 39.5 g protein, 41.5 g carb, 6.5 g fiber.

TRY THESE, TOO!

GF TURKEY & FETA EGG BAKES

Turkey for breakfast? Absolutely! Or a snack—they're filling and a lot smarter than leftover mashed potatoes.

You'll need: 1¼ cups egg whites (about 10 large eggs), ½ tsp garlic powder, ½ tsp onion powder, 3 oz chopped skinless turkey breast, 2½ Tbsp chopped bagged sundried tomatoes, and ⅓ cup crumbled feta cheese.

To make: Whisk the egg whites, garlic powder, and onion powder until mostly smooth. Stir in the turkey, tomatoes, and cheese. In a 6-cup muffin pan sprayed with nonstick cooking spray, bake at 350°F until firm and cooked through, about 25 minutes.

Makes 3 servings (2 egg bakes each). Per serving: 147 cal, 3.5 g fat (2 g sat fat), 22 g protein, 4.5 g carb, 1 g fiber.

GF STUFFING-INSPIRED TURKEY SALAD

Ordinary deli-style salads are loaded with calories and pretty bland, but not this dish. It's got less mayo, and tons of festive Thanksgiving flavors.

You'll need: 6 oz shredded skinless turkey breast; 2 Tbsp light mayo; 2 Tbsp fat-free Greek yogurt; ⅛ tsp garlic powder; 2 Tbsp each finely chopped celery, finely chopped red onion, sliced almonds, and dried cranberries; and lettuce (or a high-fiber tortilla) for serving.

To make: Stir all the ingredients together, then serve over lettuce or wrapped in a tortilla, whichever you like better.

Makes 2 servings. Per serving: 229 cal, 8.5 g fat (1 g sat fat), 27.5 g protein, 11 g carb, 1.5 g fiber.

GF MEANS THIS RECIPE CAN BE PREPARED GLUTEN-FREE, BUT ALWAYS CHECK INGREDIENT LABELS.



Deliciously
HEART HEALTHY

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.
©, TM, © 2015 Kellogg NA Co.



What **tummy doctors** tell their friends

We know, talking about this stuff can be (*gah!*) so embarrassing. Good thing these top doctors are willing to let it all out.

BY JENNIFER ABBASI

CUT BACK ON THE SWEETENERS

"My friends ask me about gas and bloating a lot. My first question: 'How much coffee do you drink?' Coffee stimulates the colon, and loading it up with artificial sweetener can make the effect even worse. Sugar substitutes draw water into the gastrointestinal tract, leaving you feeling full and gassy. They may even cause diarrhea, since all that water can have a laxative effect. My advice: Watch how much coffee you drink, and switch to regular table sugar or use artificial sweeteners only in moderation. Often, if people get rid of them, they see a remarkable improvement in their symptoms." —*Sophie Balzora, M.D., a gastroenterologist and assistant professor in the department of medicine at NYU's Langone Medical Center*

STRESS IS MAKING YOU SICK

"I tell my friends all the time that there's *definitely* a connection between the gut and the brain. There are many, many nerves in the gastrointestinal tract that, among other things, help you feel what's going on inside your gut. We're learning now that stress may heighten those sensations—that's why you get 'butterflies.' But it can also trigger real physical symptoms: For example, I often see patients who seem to have reflux disease, but when we do the appropriate tests, we can't make a diagnosis. The best treatment for their heartburn, then, is anything that will help them relax, like hypnosis or deep breathing. If that doesn't work, medications that calm the nerves in the gut, like low-dose antidepressants,

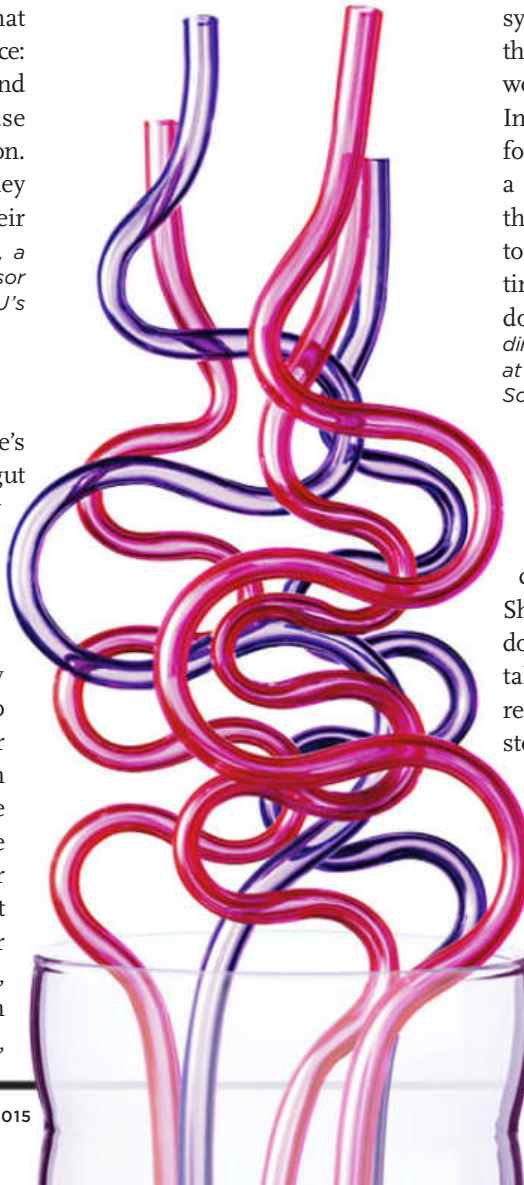
may help. If you're having these types of symptoms and they don't respond to the usual over-the-counter treatments, talk to your doctor. Once you've gotten to the root of the problem, you can get the help you really need." —*John Pandolfino, M.D., chief of the division of gastroenterology and hepatology at Northwestern University Feinberg School of Medicine in Chicago*

TAKE THIS BEFORE YOU GO OUT

"I have friends who really struggle when they eat out because rich, fatty foods give them diarrhea. One actually owns a restaurant—you can imagine how difficult that would be. This can happen to anyone, because some people just digest rich food faster than others, but it can also be a sign of irritable bowel syndrome (IBS), which is far and away the most common GI complaint in young women. I tell my friends to take two Imodium (the over-the-counter medicine for diarrhea) before they head out to a restaurant. Many have never even thought to try it, but it will usually work to slow things down. If it doesn't, it's time to make an appointment with your doctor." —*C. Mel Wilcox, M.D., division director of gastroenterology and hepatology at the University of Alabama at Birmingham School of Medicine*

THAT SORE THROAT MAY NOT BE WHAT YOU THINK

"My aunt kept waking up with a cough, sore throat, and raspy voice. She went from one ear, nose, and throat doctor to another before she came and talked to me. Turns out she had acid reflux that was creeping up from her stomach into her airway while she was asleep. It can happen during the day, too—you might notice a tickle in your throat after you've finished eating—but it's especially common when you're lying down. I put her on medication and told her to eat only light meals in the evening, stopping completely four hours before bed. Then I suggested



she use books to elevate the head of her bed. It worked!” —Aline Charabaty, M.D., a gastroenterologist and associate professor of medicine at Georgetown University School of Medicine in Washington, DC

SORRY—THERE'S NO CURE FOR A RUMBLING TUMMY

“Last week, I was sitting in the dentist's chair when I noticed his stomach was growling. He apologized, but I just laughed and told him it happens to everyone. Those grumbling noises are essentially the heartbeat of the GI tract. Just like the heart, the muscles in the gut contract constantly—that's what drives food from your mouth down into your stomach and then the intestines. Occasionally those contractions get loud. It might happen when you're hungry, but sometimes the gurgling picks up for no reason at all—and it seems like it's always when you're in a meeting or a particularly quiet, inopportune moment. Unfortunately, there's not a lot you can do about it. Just know that it'll pass!” —William Sandborn, M.D., director of the Inflammatory Bowel Disease Center at the University of California, San Diego

FOOD POISONING IS NO JOKE

“Recently, a good friend came to see me. Her whole family had come down with food poisoning weeks before, but she felt like she had never gotten over it. She was nauseous. Her stomach hurt. She even had diarrhea. We ran some tests to rule out any serious conditions but ultimately decided that she likely had post-infectious irritable bowel. I see it all the time: Patients have a bout of gastroenteritis—caused by either a virus or bacteria—and after that, their guts become more sensitive. It can last for months! Obviously, you can't avoid every stomach bug that comes your way, but you *can* be more careful about how you handle food at home, especially around the holidays. Don't leave cooked dishes out for more than a couple of hours; bacteria grow faster as foods cool. Never leave pie or anything that contains milk or eggs unrefrigerated. And always reheat your leftovers to kill any residual

“Those grumbling noises happen to everyone—think of them as the heartbeat of the GI tract.”

bacteria. I once made the mistake of eating cold, days-old French toast—no fun.” —Anne Peery, M.D., an assistant professor in the division of gastroenterology and hepatology at the University of North Carolina School of Medicine

BAD BREATH? TRY THIS NATURAL CURE

“A friend of mine recently started dating again after losing her husband, and she told me, ‘I have bad breath all the time.’ She brushed her teeth and ate a healthy diet, and her dentist told her everything was fine. It wasn't until I ran a scope that we discovered the problem: She had a lot of residual food in her stomach. Some people have a slower digestive system, and foods, especially ones rich in fiber, tend to just sit. With time, they can ferment and cause bad breath. I started my friend on papaya enzymes, which are available at health-food stores. They help break down proteins in food, speeding digestion. Her bad breath cleared up, and she's happily dating now. Papaya enzymes might work for you, too—just see your doctor first to rule out anything more serious, like a gastric ulcer.” —Aline Charabaty, M.D.

YOUR BELLY NEEDS TO BREATHE

“When I'm examining patients who have heartburn, I often look at their tummy to see if there's an imprint from their pants or belt. Wearing clothes that are too tight—yes, that includes Spanx—increases pressure in the abdomen, causing acid and stomach contents to rise up. Even if you don't get heartburn, you might feel uncomfortably full; some patients even complain of belching. So if that sounds like you, stick to clothes that really fit you.” —Sophie Balzora, M.D.

PROMOTION

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WHAT'S NEW NOTEWORTHY & NOW 11.15

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*Based on in vitro retinol activity in RoC® RETINOL CORREXION® Deep Wrinkle Night Cream ©J&JCI 2015

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Carefully crafted with Fair-Trade ingredients, STACY'S® Simply Cocoa® Pita Chips have real cocoa baked in with a subtly sweet seasoning. A perfect treat for the holidays, they're delicious straight from the bag or paired with a decadent Vanilla Cheesecake Dip! Find the recipe on our website:

stacyssnacks.com/recipes/recipe/vanilla-cheesecake-dip



BUSY WOMAN'S FITNESS

Tone your abs—in bed

You could do regular crunches all day long and they'd never be as effective as this exercise from Andrea Mitchell, a Pilates and yoga instructor in New York City. Bonus: You can take a quick snooze right after. Working out just got more relaxing.



STEP 1 Lie on your back with your legs raised, knees straight; bring your belly button toward your spine. Lace your fingers behind your head and curl your shoulders up.



STEP 2 Exhale and draw your abs in as you crunch toward your thighs, reaching for your feet. Inhale and drop one to two inches, then crunch again. Repeat 20 times.

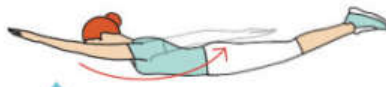
THE 5-MINUTE TOTAL-BODY WORKOUT

You read that right. This speedy circuit from personal trainer Joel Harper, author of *Mind Your Body*, will work muscles you didn't even know you had. Have more time? Do it twice.



KNEE BOUNCE Get on all fours, with your knees under your hips and your elbows soft. Lift your knees up two inches, then bounce them down and back up quickly without touching the floor. Continue for 1 minute.

PRETEND TO JUMP ROPE (1 MIN)



SUPER REACH Lie face down, arms out in front of you. Lift your arms and legs as high as you can. Slowly move your arms back toward your feet, keeping them close to your sides. Continue back and forth for 1 minute.



RESTING SIDE KICK Lie on your side with your knees bent at 90 degrees. Flex your foot up, then tap your top knee on the ground in front of you. Kick your leg up and back for 30 seconds, then repeat on the other side.

HOLD A PUSH-UP POSITION, with your elbows slightly bent (1 MIN)

Va-jay-yay!



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THE SECRET REASON WOMEN AREN'T GETTING PREGNANT

It's the most heartbreaking aspect of the fertility crisis: While scientific advances have been life-changing for families, millions of Americans simply can't afford to gamble their savings or go deep into debt to get treatment. Are we now living in a world where you have to be lucky or rich to have a baby?

BY HALLIE LEVINE

BECKY WILSON AND HER HUSBAND, Jeremy, always assumed they'd have a house full of children. "We're both teachers, and love kids. We're surrounded by them every day," says Becky, 35, of Graham, NC. That proximity turned painful three years ago, when the couple started struggling to conceive. At the time, she was teaching high school in a county with the highest teen pregnancy rate in the state. "Every year I'd have three or four girls who were pregnant," Becky recalls. She would comfort them, then head home in tears. "These girls didn't plan to be pregnant, and here we were, married, with good jobs and a dog and a house, all ready and waiting for a baby," she says. "We had so much love to give a child—it just didn't seem fair."

Equally as cruel, she says, was the fact that the couple spent thousands of dollars out of pocket on fertility treatments. "We don't make a lot of money, so we saved every single penny we could—we didn't spend on vacations or going out

to dinner or anything but necessities," Becky says. "Our lives became consumed: We were constantly saving up for the next treatment, praying it would work."

When it comes to infertility, chances are either you or someone you know has struggled with it. One in eight couples in the United States will be diagnosed with infertility, according to Resolve: the National Infertility Association. But while we've become more open

to talking about it—thanks in part to celebrities like Kim Kardashian, Jaime King, and Tyra Banks—there's a crucial piece missing from the conversation. An A-lister can spend tens of thousands on infertility treatments without worrying about the mortgage. They can carve out time for appointment after appointment, unlike those of us who can't set our own hours. "With infertility, it breaks down into economics: who





can pay for treatments or take time off to go to the doctor and who can't," says Barbara Collura, president and CEO of Resolve. Having a baby has become a class issue, and in this country, that's a very difficult thing to acknowledge. We want to believe we're all the same, that parenting is a great equalizer, but that simply isn't the case. It's time we talk about the high price—literally and emotionally—of infertility.

THE GOING RATE FOR A BABY

Since infertility is a medical issue, you might assume insurance would cover treatment. But only 15 states have passed laws that require insurance policies to pay for some level of care. "And a few states, like California, don't actually mandate that employers have to buy the coverage; they just state that insurance companies have to offer it, and many employers decline because it's expensive,"

explains Collura. That's not the only catch: "Most of these laws stipulate that you have to try to conceive for at least a year—sometimes two years, if you're under age 35—and many couples, if the woman is older, can't afford to wait that long," says Paul Bergh, M.D., an infertility specialist in Basking Ridge, NJ.

As a result, couples suffering from infertility spend an average of \$5,338 out of pocket on treatments, according to researchers at the University of California, San Francisco. If you opt for in vitro fertilization (IVF)—the most effective procedure, and one that's required to be covered by insurance in only eight states—the cost is even higher, averaging \$19,234. The weight of that economic burden will only get heavier in the years to come: Millennials are beginning adulthood with higher levels of student loan debt and less wealth than the Gen Xers and boomers who came before them, according to the Pew Research Center.

It's not just the ready cash. It's an ugly reality that the lower your status at work, the harder it is to get to a 10:30 a.m. doctor's appointment every week. If you live in a more rural area, you'll be at a disadvantage too. "For some couples, traveling hours to another city or even another state to see a doctor on a frequent basis is virtually impossible," Collura says.

"It's beyond frustrating to have to put your dreams of having a baby on hold," says Jesseca Hartman, 29, of Indianapolis, who's been trying to conceive for two years. After several failed attempts at intrauterine insemination (IUI)—a procedure where sperm is placed inside a woman's uterus to increase the number that reach the fallopian tubes—she and her husband, Derek, had to take a break from treatments while they worked to scrape up the \$16,000 required for IVF. "I was a schoolteacher at the time. My husband works for a car wash company. We didn't have disposable income," she says. Since Derek was hesitant to go into debt, Jesseca applied for grants from several nonprofits that offer assistance to couples who otherwise couldn't afford treatment. ➤



\$19,234

On average, the amount couples who undergo IVF spend on infertility treatments.

She got turned down—ironically, because they made too much money and hadn't yet spent enough to qualify. "We decided to try crowdfunding," she says. "It was an incredibly hard thing to do, since we had to admit that we weren't just struggling with infertility, we were struggling to pay for it." Jessica also left teaching for a higher-paying position with more flexible hours. "It was tough. I loved my job," she says. When she sold the supplies she had purchased for her classroom, again in an effort to raise funds, "it felt like I was losing a part of myself." The couple did their first round of IVF earlier this year; while it was unsuccessful, they were able to freeze embryos to transfer later, a procedure that will cost another \$3,500.

Experts say that all that saving and spending (and even borrowing) can

her son, Victor, now 3. While Lauree's insurance covers her fertility medications, she and her husband, Michael, have gone thousands of dollars into debt for the procedures themselves. "We both have full-time jobs and good credit scores, so we can get reasonable interest rates on our loans," she says. "But we're always paying at least one loan off, and we can't put any money into savings for Victor's college funds." Now they're at a crossroads. Michael wants to stop trying for a second child; Lauree would sooner downsize to a smaller house than give up. "Mike knows I love him and Victor more than anything—I hate that we don't agree on this," she says. "But I feel like I've let Victor down by not giving him a sibling."

THE LASTING CONSEQUENCES

When fertility treatments end—with or without a baby—the financial toll remains. Justine Brooks Froelker and her husband, Chad, had looked at their budget and decided they could do only one round of IVF. When it didn't take, they ultimately chose to go \$20,000 in debt. "We didn't want to look back 20 years from now and think, *Why did we only give it one shot?*" says Justine, a 36-year-old therapist in St. Louis and the author of *Ever Upward: Overcoming* ►

actually make it harder to stop trying. After all, what if the *next* treatment is the one that works? "We're going to keep trying until I get too old or we run out of money," says Lauree Schloss, 34, a Web designer in Erie, PA. She's currently undergoing treatment in hopes of having a second child. Over the last seven years, Lauree has been through three rounds of IUI, three IVF procedures, and seven embryo transfers—one of which helped her become pregnant with

THE STRESS FACTOR

Infertility is inherently stressful. A woman faces painful uncertainty, plus anxiety over treatment costs and what it all means for her marriage. Yet talking about whether stress affects fertility has always been taboo. No woman struggling to conceive wants to hear, "Just relax and it'll happen!" Still, long-term stress has been linked to things like heart disease and IBS. So can it affect your chances of having a baby, too?

Some experts say yes

Women whose saliva had high levels of an enzyme that marks stress were 29 percent less likely to get pregnant each month than those with the lowest levels, a 2014 study from Ohio State University shows. Chronic stress also appears to activate a hormone that reduces fertility in rats, according to UC Berkeley researchers. "Some of the women going through infertility treatments may simply be more sensitive to the effects of stress hormones," says Alice Domar, Ph.D., a Harvard psychologist who has been studying the connection for decades.

Others say no

A 2011 large-scale review of the research published in the *British Medical Journal* was inconclusive in determining whether stress could compromise a woman's chances of getting pregnant. "There's a big difference between catastrophic stress—like that caused by famine or war—and the kind of chronic stress we experience in our day-to-day life," says Susan Klock, Ph.D., a psychologist at Northwestern Memorial Hospital in Chicago. And some experts believe that harping on stress only blames the woman and does more harm than good. "It's psychologically damaging and gives women false hope," Klock adds.

The bottom line

For women who don't have a clear biological barrier to pregnancy—and that distinction is key—"why not take *advantage* of the mind-body connection and explore ways of reducing stress?" says integrative medicine expert Andrew Weil, M.D. There's no perfect method, but remember: The best stress-fighting technique is the one that doesn't make you feel *more* anxious.

the Lifelong Losses of Infertility to Define Your Own Happy Ending. It was a devastating blow when once again the procedure didn't work. "Every month that we paid back that loan was like dripping salt into a wound," she says.

Parents whose treatments are successful face issues of their own. Financial advisers say their waiting rooms are filled with couples asking for advice not on starting college funds but about how to dig themselves out of a snowstorm of debt because of fertility treatments. "Couples who have suffered from infertility have

already undergone a physical crisis, a mental crisis, an emotional crisis—and now they come to me in financial crisis," says Tiffany Welka, an accredited wealth-management adviser in Livonia, MI. They've often maxed out their credit cards to pay for medical expenses, or withdrawn from retirement accounts to fund treatment, incurring penalties and fees, she says. "They're overwhelmed by the financial burden placed on them just as they're starting parenthood."

That's why it's so important to fight for change on a national level, Collura ►

WHAT IT'S LIKE TO **STOP** TRYING

We all love a story that ends with a baby, but that's not the reality for so many women who put their lives on hold and their finances in peril to try to conceive. Their struggles are just as important to share, so Sarah Chamberlin opened up about her wrenching decision to let go of her dream of motherhood.

AS TOLD TO JEN JONES DONATELLI

Last spring, my husband, Julio, and I buried pictures of our 24 beautiful embryos and planted a dogwood tree to mark the spot; we'd reached a place where we needed healing just as much as we'd wanted to be parents. No one tells you how to mourn a loss like this one—there are no rituals or social protocols. But after spending four years and \$77,000 on our quest to have children, we knew we needed some closure.

When Julio and I got married 10 years ago, we weren't at all ready to be parents. I was a professional flutist, waiting tables to make ends meet, and he was a chef. After years of opening restaurants and saving for a family, we started trying to conceive when I was 38. Just three months after stopping birth control, we consulted a fertility doctor—I couldn't kick the feeling that something was wrong. We tried IUI five times, then did three rounds of IVF after I was diagnosed with

endometriosis. Three years and seven doctors later, we were told that one particular set of our genes wasn't compatible. It's not the sort of thing that gives most people hope, but for me it did: I thought by addressing that, our fertility problems might finally be solved. We decided to go forward with two more rounds of IVF. They were the

“I didn't want to quit, but you sense when you reach your point of enough.”

most painful experiences of my life, since all of my hopes were riding on them. Neither one worked.

By this time, my emotions felt stripped raw. I once had to get up and walk out of a yoga class after a pregnant woman talked about feeling her baby move while she meditated. Julio had been suffering too. He was running five restaurants

while we burned through every cent we had ever saved. He spent the little time he had at home taking care of me. I had crippling panic attacks, or else I was numb—a shell of the woman he married. Because of my age, we had pursued treatments in such rapid succession that there was never enough time to fully process our loss.

I remember watching the U.S. Open last fall, months after our treatments had ended, and sobbing for two hours when a female tennis player forfeited due to leg cramps. She didn't want to quit, and neither had I. You ultimately sense when you reach your point of enough.

Today we're slowly healing. Infertility gives you lots of time to envision what

your life will be like once you finally bring a baby home, to connect deeply with the desire to parent. I dreamed of having two kids and traveling to places like my husband's homeland of El Salvador. Now it's just the two of us, trying to come to terms with a very different future than the one we'd imagined.

As for that tree we planted? It died this spring—upsetting at first, but we've managed to find humor in the absurdity of it all. Now Julio and I plan to get a headstone and design a beautiful garden around it. We're infertility survivors, so switching gears and moving on from Plan A? Not a problem.

Grieving is daunting work, but as time goes by, I realize I'm making my way through it. Though I know I'll feel a certain level of sadness for the rest of my life, I'm hopeful that I'll someday find a measure of peace. I remain open to any good things yet to come.



says. In the spring, Resolve will head back to Washington, DC, as they do every year, to educate lawmakers on infertility and advocate for the community. (Go to resolve.org to write your representatives.) A federal law that requires infertility coverage in all group health plans wouldn't only make getting pregnant more affordable, it would make both moms and babies healthier. Studies show that women are more likely to give birth to multiples when they live in a state without an insurance mandate. "If a couple is paying for a procedure out of pocket, it makes sense that they would want to implant more embryos," says William Gibbons, M.D., chief of reproductive

7.4 million women under 44 have been treated for infertility, according to the Centers for Disease Control and Prevention.

medicine at Texas Children's Pavilion for Women in Houston. But with multiples comes an increase in pregnancy-related complications and premature births. "It's frustrating," he says. "We're not only driving health costs up, we're gambling with moms and their babies' health."

Becky Wilson's story, at least, has a happy ending. She got pregnant without having to undergo IVF, instead conceiving with her 10th round of IUI (the total cost was still close to \$10,000). She and Jeremy look forward to welcoming a baby boy this December. "I'm overjoyed that I finally get a chance to be a mother, but it's bittersweet," she says. "I feel for the women who aren't so lucky." Had they needed to move forward with IVF, they would only have been able to afford one round. "It breaks my heart that we—or anyone—could have missed out on having children because of the *price*." ®

HOW TO TALK ABOUT INFERTILITY

We know: It's a minefield of a topic. But ignoring it doesn't solve anything—it won't safeguard your friendships or save your marriage. Here, conversations to have whether you're supporting a friend who's suffering from infertility or waging a battle of your own.

WHAT TO SAY TO A FRIEND

"I'm here for you, whenever you need me—really."

Call her frequently to check up on her and suggest that the two of you get together, whether it's for a relaxing pedicure or a lunch where you can really catch up. "Offer her the same level of support you would to a friend who recently lost a loved one. Let her know you don't want to put pressure on her to talk about it, but you're there if she needs you," suggests Susan Klock, Ph.D.

"I know it hurts. I'm sorry."

"This is such a painful thing for women because every day they're surrounded by couples who have successfully managed to have children," says Staci Pollack, M.D., a fertility specialist at Montefiore Medical Center in New York City. Just picture all those babies on your Facebook feed. Saying stuff like, "Well, at least you can still travel!" or "I'm sure it'll happen eventually—enjoy yourself now" is meant to be comforting, but it minimizes a person's pain. After all, you wouldn't tell someone whose mother just died that she should be relieved to no longer have to buy Mother's Day cards.

"We'll miss you! Hopefully you can join us next time."

If she suddenly has other plans for Thanksgiving or says she can't make it to your annual New Year's bash, let it go. "The holidays are often one of the hardest times for women struggling with infertility, so even if your friend is normally able to spend time with your children without feeling depressed, she may not be up to it during the 'most wonderful time of the year,'" says Barbara Collura of Resolve. —H.L.

WHAT TO SAY TO YOUR PARTNER

"How much are we willing to spend on fertility treatments?"

It's okay if the number you set now shifts, just as it might if you were house-hunting and stumbled upon your dream home, says Lisa Schuman, director of mental-health services at Reproductive Medicine Associates of Connecticut. But agree on some ground rules: Would you feel comfortable asking your parents for help? Would you consider getting a second job or taking out a small loan? "You may not get everything you want, but you'll be working toward what's in the best interest of you as a couple," says Schuman.

"We should go out and do something this weekend."

If you're not careful, infertility can take over every aspect of your life, says Sharon Martin, a therapist in private practice in San Jose, CA. So go ice-skating, see a movie—whatever you liked to do together before this all started. Even going out to dinner can make a big difference, as long as you agree to keep the conversation light. "Talking about anything else is a great way to reconnect with each other and spark playfulness," Martin says. "I always tell couples to remember that the goal is to add a child to a healthy, *happy* home."

"I think we need a Plan B."

Even while you're in the throes of treatments, it's good to start thinking about what comes next, even if that's scary. Share your thoughts on everything from surrogacy to adoption to living child-free. It will help build solidarity, says Denise Limongello, a psychotherapist in New York City. And it helps establish that there's still a fulfilling future for the two of you—whatever happens.

—Dana Hudepohl

Continue the conversation with us
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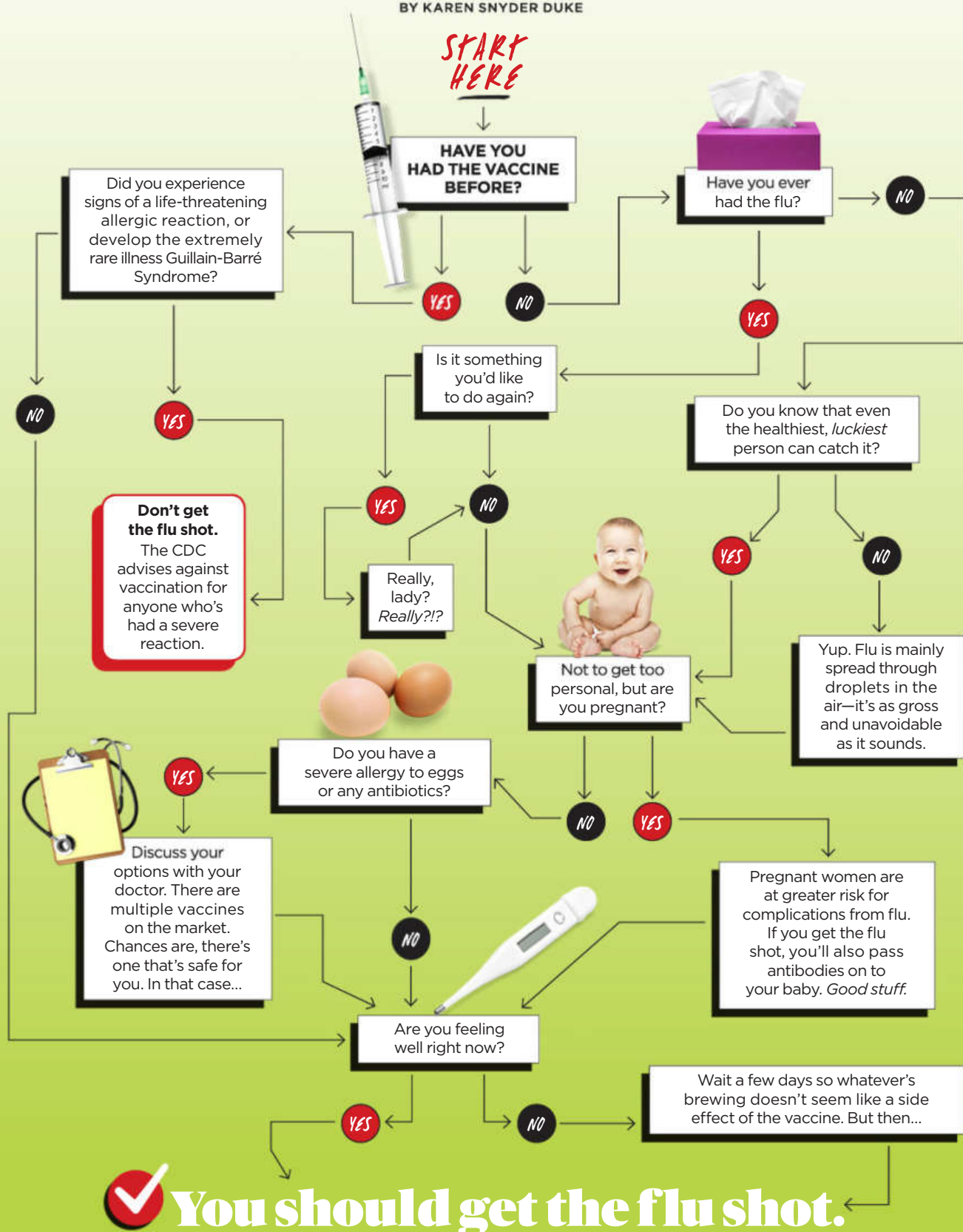
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Should you get the flu shot?

We sorted through the guidelines so you don't have to. Welcome to your path to clarity.

BY KAREN SNYDER DUKE



GETTY IMAGES (6). SOURCES: AMY BEHRMAN, M.D., MEDICAL DIRECTOR OF OCCUPATIONAL MEDICINE AT THE UNIVERSITY OF PENNSYLVANIA; CENTERS FOR DISEASE CONTROL AND PREVENTION.

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5 ways to look, feel, and do good

The #1 cold prevention solution

It's sleep. We know: You can't possibly get any more of it! Instead, focus on *quality*, says Elson Haas, M.D., coauthor of the new book *Ultimate Immunity*. His suggestion? Try eliminating coffee, sugar, or your nightcap for a few days—all of them may be terribly disruptive to your sleep—and see how you feel. "Often we're in a bad relationship and we don't even know it," Haas says. Cut out one sleep killer, and maybe you'll never crack open that new box of tissues this winter.

BREAK FREE FROM YOUR PHONE

You really *can* be addicted to Facebook: "Interacting digitally floods your brain with dopamine, the same feel-good hormone people get from alcohol or drugs," says Edward Hallowell, M.D., a psychiatrist and founder of the Hallowell Centers in Massachusetts and New York City. Not a bad thing, unless it's stealing you away from more important stuff—like that cute guy you married. "Keep your phone out of the bedroom," Hallowell says. "And anytime you're trying to bond with *anyone*, log off social media."



Know the truth about lung cancer

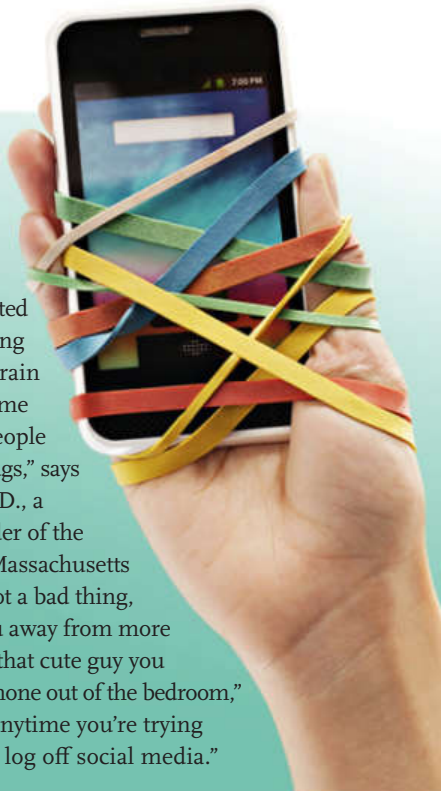
"Lung cancer kills almost twice as many women as any other cancer," says Andrea McKee, M.D., chairman of radiation oncology at Lahey Hospital and Medical Center in Burlington, MA. Yet there's still a stigma surrounding the disease (which can happen whether you're a smoker or not), and a serious need for funding that would help make screening a national priority, she says. To donate to the cause, visit lungforce.org. Do it on November 17 and your contribution will be matched.

WORK OUT FOR FREE

It wouldn't be Thanksgiving if you didn't feel totally *stuffed*. Instead of groaning about it, lace up your sneakers and head to Gold's Gym. The brilliant folks there are **opening their doors for free on Black Friday**—now dubbed Trim the Fat Friday—so you can sweat out those extra calories. All the turkey, none of the guilt.

THE DIET THAT MAKES YOU HAPPIER

A growing body of research suggests that eating whole foods—as opposed to processed junk—may lower your risk for depression. "We now believe that depression is not just a brain disorder, but a whole-body disorder," says Felice Jacka, Ph.D., president of the International Society for Nutritional Psychiatry Research. Nutrient-rich foods like fruits, veggies, whole grains, and fish help support your immune system and gut—both of which are important to brain function, she explains. Now *that's* eating mindfully.



CLOCKWISE FROM TOP LEFT: CAMILLA WISBAUER/GETTY IMAGES; PH IMAGES/GETTY IMAGES; BRIAN HAGWARA/GETTY IMAGES; AARON TILLEY/OFFSET.

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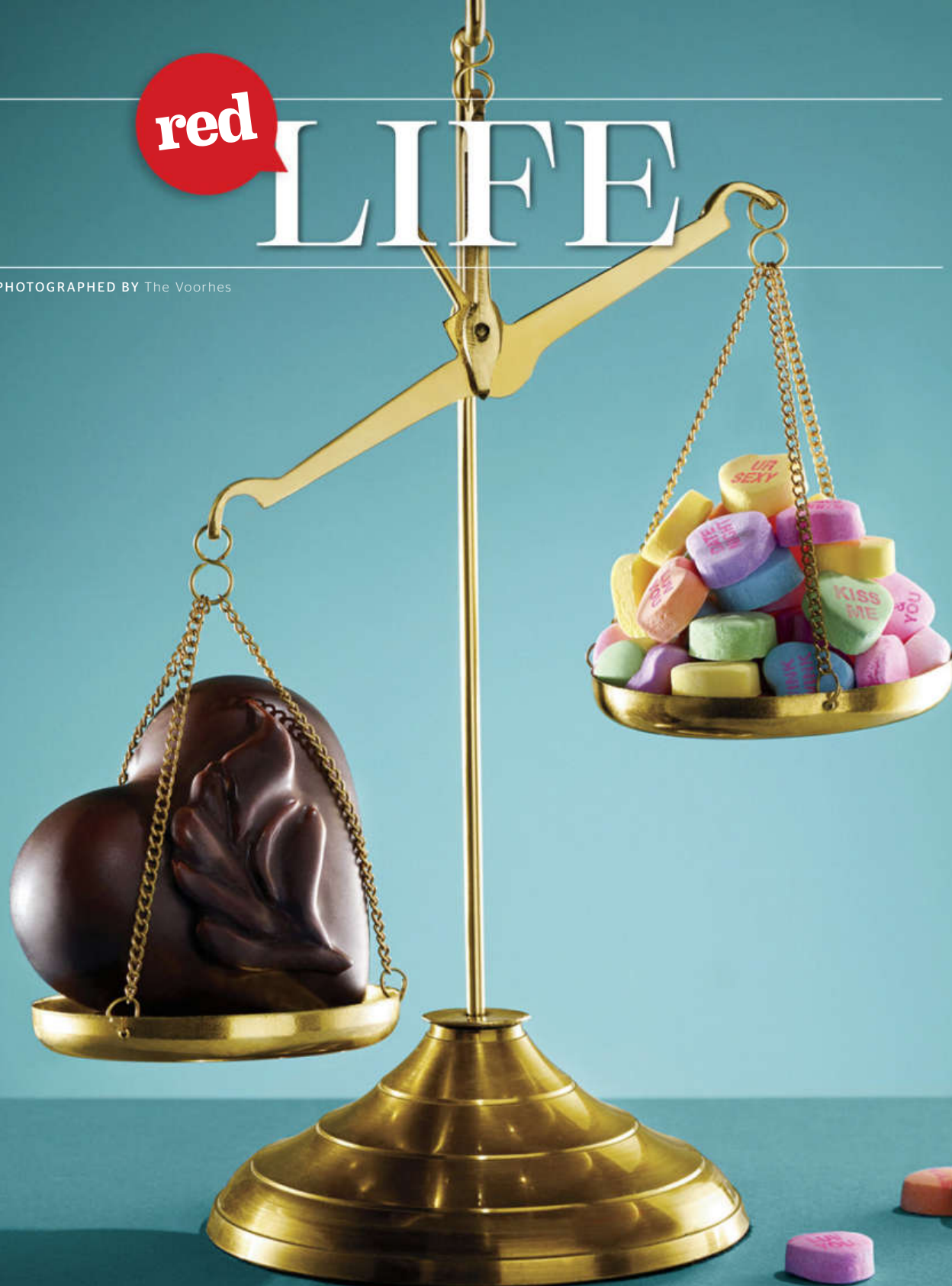
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LIFE

PHOTOGRAPHED BY The Voorhes



How to have a better relationship

The whole “quality over quantity” idea is suddenly *hot*. More sex is not the ticket to happiness if you’re doing it because you think you ought to, a recent Carnegie Mellon University study shows. Tired during the week? No prob, just make Saturday night amazing. “Express desire for your partner outside the bedroom to build excitement,” says study coauthor George Loewenstein, Ph.D. Challenge accepted!

HEIDI

KLUM IS

WEIRDLY

NORMAL

Yes, she's a supermodel and the star of two mega-successful reality shows (*America's Got Talent* and *Project Runway*). But she's also a 42-year-old single mom of four with a clear-eyed work ethic, a keen sense of her own shortcomings, and a massive dorky side. Look past the glamorous facade—sorry, Donald Trump, but she's still a 10—and you'll find someone who isn't just awesome. She's inspiring.

BY LORI BERGER PHOTOGRAPHED BY MAX MONTGOMERY

I

might live and work in a dream world, but I'm not a dreamer," Heidi Klum tells me, rocking back in her chair at a Manhattan photo studio. "I learned through modeling that if you just sit in your home and wait for things to happen, they're not going to. I have always believed I would have to work hard to get whatever it is that I want." Case in point: *Project Runway*. Heidi, cocreator, executive producer, and host, pounded the pavement, pitching the show to any television executive who would listen. ("They'd say to me, 'Who wants to watch people sew?'" she says, followed by a wicked laugh.) Fourteen seasons later, *Project Runway* is still huge, and now Heidi also hosts *Germany's Next TopModel*, and she just wrapped her third season as a judge on the ginormous hit *America's Got Talent*. If

ON KLUM: TOP, SKIRT: MICHAEL KORS COLLECTION; SHOES: CHRISTIAN LOUBOUTIN; EARRINGS: GEORG JENSEN; RINGS: RIO TINTO.

WORKING MOM

"There are a lot of times that I don't want to travel," says Klum. "But I have a responsibility to do the job that I signed up to do."

FASHION DIRECTOR:

Jennifer Hitzges

HAIR:

Rebekah

Forecast at The

Wall Group

MAKEUP:

Linda Hay

at The Wall Group

MANICURE:

Elle at

Tracey Mattingly using

Red Carpet Manicure

PROP STYLIST:

Dorothee Baussan



“Would it be nice if my skin still looked the way it did when I was 25? Sure. But I *like* that I have laugh lines from smiling too much.”



Heidi in Los Angeles with her beautiful brood last December. From left: Leni, 11, Lou, 6, Johan, 8, and Henry, 10.

that all just seems too easy, please bear in mind that she's a mom of four kids, all under the age of 12. She separated from her former husband Seal in 2012, and, as she puts it, "I'm a mom and a dad at the same time." Is she happy? Yes, contagiously so. She's currently dating Vito Schnabel, son of artist Julian Schnabel, who is 13 years her junior. Is she sexier than ever at 42? Um, yeah. Donald Trump may have told the press that Heidi "is no longer a 10," but we respectfully disagree. Keep reading and you will too.

As a culture, we're so obsessed with beauty and perfection—having been a model and also a mom of two daughters [Leni, 11, and Lou, 6], do you worry they will get caught in that trap?

No. For me what is most important is that my girls and boys are healthy. And in order to be healthy, you have to be fit. I let them eat candy sometimes, but as a family we eat healthy food. I make sure they are always active and play sports. I think it's about laying a foundation for them that they will have for the rest of their lives.

What worries you most when it comes to your kids?

Drugs—that scares me most as a mother. It's not so much that I worry they will take them, but that they will drive with someone who is high or someone will try to give them drugs. But now is the time to build a solid foundation for them, so when the day comes and someone offers them drugs, they will remember me pointing my finger at them and telling them that it's the wrong thing to do. I always knew in my gut what the right and wrong things were, and I think my kids will know as well. That will be my biggest accomplishment as a parent.

How has being a single mom affected the shape of your family life?

Obviously things have changed, but they haven't changed drastically. [Seal] was never your typical dad who left for work in the morning with his briefcase and would be home by dinnertime every night. He traveled *a lot*. The kids knew it was part of his job. He would always be Skyping them from some country, but they were used to that.

Did you ever worry that having four kids would put an end to your modeling career?

No. But there were *definitely* people who thought that when I was pregnant with my first. I had people saying to me, "You've got the cover of *Sports Illustrated*, you've got Victoria's Secret, now a baby. How is this possibly going to work?" I had also just started with *Project Runway* and that was challenging, being eight months pregnant in high heels on the runway. I think producers were worried that viewers would have a problem with a pregnant model in a miniskirt and heels, but they embraced it. For me, it was business as usual. Michael Kors was always worried that I had to go pump or that I'd leak. I think I was a little bit the laugh of the room, but that was fine with me.

Are you accepting of how your body has changed after having four kids?

Would it be nice if my skin and body still looked the way it did when I was 25? Sure. But the fact is, your body changes when you have children; you get wrinkles as you get older. I *like* that I have laugh lines from smiling too much.

I recently saw some photos of you topless on a beach. Do you worry that your kids will one day find them on the Internet?

It's true that everyone somehow gets to see these pictures, but that's not my choice. I *try* to go to the most secluded places—I mean, places you can only get to with a boat. I'll pick the most remote corner of a beach where there is literally not a single person in sight so I can take off my top and have a little canoodle and somehow [photographers] still find me. They must come in by parachute! [Laughs]

When you got involved with the business side of things, did you ever have to fight to be heard or taken seriously because people looked at you as just a pretty face?

I've never put my elbows out to be heard, and I'm still not that kind of person. Sometimes when I'm doing *America's Got Talent* and it's my turn to talk but I can't get my words in because Howard [Stern] is yelling over what I'm saying—I'd rather take a step back. It's the same with how I do business.



SOMETHING
Sweet ^{To} delight



SOMETHING
SPICY ^{TO} **EXCITE**



Something
BOLD ^{TO} **SATISFY**





“Whether it’s hanging out with your girlfriends or getting a massage, it’s important that women do something for themselves.”

You’re a single mom to four kids. How do you do it?

It’s not like I’m the *only* working mom in the world with four kids. There are many, many moms who work and many who have more than four children. I probably have more freedom than most. If I have to take a day off because something with the kids comes up, I can do it. There are a lot of women who can’t.

Do you believe women can have it all?

It is possible. I think at the end of the day, women need to be happy. So you have to find that time where you get to do some of the things you love to do. Whether it’s hanging out with your girlfriends or treating yourself to a massage, I think it’s important that women do something for themselves. Sometimes when no one is home, I’ll put the music on really loud and dance around the house while I’m straightening up or organizing. Sometimes you just have to let your inner child out. Women need those kinds of outlets.

Do you ever feel like your crazy life is sometimes too much?

Women are capable of juggling a lot of balls—we do things that guys just cannot do. Men typically can juggle only one ball, and even then they’re like, “I’m confused. Should I put it in my right or left hand?” A lot of them have a very hard time just trying to figure out what to do with that one ball. And often they want us to hold that one too! **B**

I’m going to do it my way, and when it launches [and it’s] big and they call back [wanting to do business together], I say, “I tried to talk to you, but you didn’t want to listen. Sorry, you’re not a part of this.” But I’m not that person who is going to yell over everyone else.

You seem so calm and Zen about everything.

I would never say I’m Zen. I’m much more like a Jack Russell terrier.

HEIDI’S LINGERIE LESSONS

Heidi Klum wants women to love what they’re wearing underneath their clothes. “You walk a little differently [in something sexy] versus knowing you wouldn’t want anyone to see your underwear,” she told REDBOOK. “I call those ‘willpower’ panties. You wear them so you *won’t* show them to anyone.” Not so these ones, from her new Heidi Klum Intimates line! They aren’t just foxy; she says they can work for any woman.



TRY THESE AS P.J.’S

“This set is *definitely* spicier than your old T-shirt, and comfy enough to sleep in.”

Camisole, \$105, and knicker, \$75; heidiklumintimates.com. Sizes S to L.



SUPPORTIVE AND SEXY

“I want to make sure that women have something beautiful for *all* occasions,” says Heidi.

Contour bra, \$65; heidiklumintimates.com. Sizes 32A to DD, 34A to DD, 36A to DD, 38B to D. Thong, \$24; heidiklumintimates.com. Sizes S to XL.

IF YOU HATE LINGERIE

“This is a perfect option for a woman who doesn’t want to bare all.”

Chemise, \$90; heidiklumintimates.com. Sizes S to L.



win them!
5 readers will win these 5 pieces from Heidi’s collection. See page 170 for details.

ON KLUM: JACKET: MASSIMO DUTTI; CAMI: ELIZABETH & JAMES; JEANS: CITIZENS OF HUMANITY; SHOES: CASADEI; NECKLACE: ILEANA MAKRI; CUFF: EVA FEHREN; RING: ILEANA MAKRI; STILLS: RICHARD MAJCHRAK/STUDIO D; STYLIST: NORINE SMITH AT HALLEY RESOURCES.

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WISH YOU MADE MORE MONEY?

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Your ultimate guide to side jobs that make sense—no scams, no fine print, just lots of extra cash for you. You're going to need a bigger wallet.

BY TRACY SAELINGER
PHOTOGRAPHED BY THE VOORHES

ON A TYPICAL DAY, Audrey Banez-Beltran, 34, of San Bruno, CA, drops her kids off at preschool, rushes home, and throws in a load of laundry so it can wash as she works her full-time job, handling customer service and social media remotely for an online poster company, PosterMyWall. At lunch, she'll squeeze in a Trader Joe's or Target run, then hurry back to answer more customer emails. On her breaks or at night after the kids are in bed, she'll handle client orders for her side job, selling skin-care products for Rodan + Fields.

A former paralegal, Audrey began picking up side work when she switched full-time careers—working in customer service gave her greater flexibility but also meant a pay cut. Now, her cosmetics sales bring in more than \$4,000 a year and supply her “fun money” fund: cash, kept in a separate bank account, for dining out with friends, picking up a fancy lipstick, or splurging on gifts, guilt-free. One recent study showed that women working flexible jobs are more efficient than other workers—which is no surprise to Audrey, who's adept at squeezing every drop of productivity out of a day.

But she also says her work is rewarding. “I've had customers rave about their newfound confidence due to a change in their skin care,” she says. “I know it's not life or death, but I still feel like I'm making a difference.”

We've all thought, *If only I made a little more money*, but some women have said to themselves, *I bet I can*. They're bringing in extra cash by working



hard—and, more important, working creatively. It's not for the hit-snooze types among us, but it's more doable than ever. All you need is a little advice from manage-it-all women like Audrey on where to job-hunt, what to watch out for, and how to make the most of every minute. Major side-bucks, right this way.

Where the EXTRA MONEY is

NOT LONG AGO, earning income outside of a traditional 9 to 5 would most likely have meant physically getting yourself to a second job, but over the past five years, the number of people making extra cash at home has grown tremendously, says Kate Lister, president of Global Workplace Analytics, a consulting and research firm.

"The biggest increase in remote, part-time jobs, by far, is in customer service," says Christine Durst, a staffing expert and founder of ratracerebellion.com, a site that helps workers find legitimate work-at-home jobs. Companies had turned overseas for customer service employees,

but after customer complaints, many are bringing these positions stateside again, she says. Instead of renting out huge buildings, they are hiring home workers, many of whom pull flexible shifts for big-name companies you've no doubt heard of (and called!): places like 1800Flowers.com, Jet-Blue, and Pizza Hut. Apple alone employs nearly 9,000 at-home IT specialists.

In fact, telework in general grew nearly 80 percent from 2005 to 2012, according to a recent report from Global Workplace Analytics, which also estimates that 3.9 million Americans will work from home at least one day a week by 2016, and 50 million will do so by 2018. "The hurdles to working unconventional part-time hours, in an unconventional workplace, are shifting," says Jim Hoen, vice president of Kelly Services, a staffing agency, and leader of its work-at-home division KellyConnect, which placed 24,000 people in work-from-home positions last year, many of them part-time or shared jobs. "The ease of farming out small bits of work remotely means there are more part-time jobs available. In most cases, all

you need is an Internet connection."

So—great news—companies are clearly looking to hire more part-time talent, but how does someone hook up with them? There are a slew of reputable websites that help people find remote, part-time work in all sorts of fields: accounting, finance, education, tech, nonprofit, even nursing. Matchmakers for your dream side career include sites such as upwork.com, freelancer.com, and guru.com. And here's a reason to love your smartphone even more: You can pick up extra cash *wherever* with new apps that pay you to complete small tasks from your cell. Try downloading EasyShift (see sidebar, page 112), which pays you to collect tiny pieces of data near your location, such as snapping a photo of a menu in a restaurant or reporting on the price of milk at your local drugstore.

Are you ready to HUSTLE?

EVEN IF FINDING side gigs is getting easier, figuring out how to squeeze them in around a full-time job still requires a fair amount of perseverance and ingenuity. No one knows that better than Angela Marchesani, 36, a single mother who works full-time as program manager for the Women's Resource Center in Wayne, PA, and has tried about 10 side jobs over the last seven years. "Landing the right one can require a lot of trial and error," she says. At first, it was hard for her to know which part-time position would be a good fit and which would pay enough money to be worth the extra hours. "You need to be willing to step out of your comfort zone," Angela says, but you also need to know when to move on.

The first gig she found was as a research subject to help test beauty products. The pay was good, she says, but ultimately the gig was a bust: "I have sensitive skin! I couldn't continue doing it unless I wanted to be a blotchy mess." Since then, she's babysat, sold cosmetics, written social media posts, and handed out skin-care samples at Whole Foods, pocketing about \$70 for three hours of work. With her



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The SIDE GIG guide

If you're looking for extra work, see if any of these callings fit your personality type.

PEOPLE PERSON?

TRY: Customer service or direct sales

With call centers moving back stateside, many companies are hiring home workers, who work shifts as short as three or four hours. Agencies like ContractWorld, Sutherland Global, Convergys, and Arise hire for big retailers.

PAY: \$8.50 to \$20 per hour. (The higher-end rates usually require more cold-call sales.)

GREAT BECAUSE: Hours are flexible and working at home is no issue.

DRAWBACKS: Dealing with customers can require superhuman patience and a grin-and-bear-it personality.

PET LOVER?

TRY: Dog-sitting

After interviews and reference checks, you can list yourself on rover.com or dogvacay.com, both of which match pet owners with sitters or host families. **PAY:** Set your price. It typically ranges from \$20 to \$45 per night. Each site charges a 15 percent fee.

GREAT BECAUSE: It's fairly passive work, and fun if you love dogs.

DRAWBACKS: If you're hosting a dog, there's the possibility of destructive behaviors and, of course, fur.

BUSINESS WHIZ?

TRY: Freelance business consulting

Hourlynerd.com matches up high-profile companies with independent business consultants on a

per-project basis.

PAY: Averages \$75 to \$300 per hour.

GREAT BECAUSE: "It's a fantastic way to tap into more diverse projects than I'd be able to get through my own network," says mom and business school graduate Marisa Goldenberg, 39, of Austin, TX.

DRAWBACKS: While there are some projects in law and other fields, most require an MBA.

CRIME-SHOW BUFF?

TRY: Online-juror case reviews

To prep for trial, attorneys use services like onlineverdict.com and ejury.com to run their cases by mock jurors, who get paid. It's like making money watching *Law & Order!*

PAY: Varies, but can be about \$20 for 20 to 60 minutes of time.

GREAT BECAUSE: Unlike real jury duty, you can choose when to do it. **DRAWBACKS:** Volume of work depends on how many attorneys use the service in your area.

THE CHATTY TYPE?

TRY: ESL tutoring

You don't need a teaching degree to tutor English as a second language to students via video chat. Try cambly.com or wetutorenglish.com. **PAY:** \$10 to \$16 per hour.

GREAT BECAUSE: The students work around your schedule.

DRAWBACKS: Potentially awkward small talk. "So... how's the weather over there?"

SERIOUS SHOPPER?

TRY: Digital earning task apps and sites

Make extra cash while going about your regular shopping. An app called EasyShift asks you to complete micro-tasks while in a store, such as verifying a product is in stock. Sites like Swagbucks also offer payouts for taking surveys, watching videos, and shopping online.

PAY: EasyShift pays \$2 to \$35 per task. Swagbucks users can earn 8 to 15 cents per Web search or 50 cents to \$2 for surveys.

GREAT BECAUSE: You get money for things you'd do anyway.

DRAWBACKS: You won't get rich off this, but "it lets me give 'just because' gifts to my family," says Melissa Sadang, 34, of Long Beach, CA.

OWN A CAR?

TRY: On-demand delivery

Turn your minivan into a cash-mobile. Through roadie.com, you can book local or interstate delivery jobs.

PAY: \$8 to \$200 per gig depending on distance, urgency, and size of delivery. You pay for gas, but the miles are tax-deductible.

GREAT BECAUSE: The hours and assignments are flexible. "I mostly deliver locally, but I'm not restricted to my state, so I can go farther for more money," says Atlanta-based Desiree Bostick, 34.

DRAWBACKS: Wear and tear on your vehicle.

master's degree, she was even able to land an adjunct teaching position at a two-year college, teaching evening classes and grading papers on her "off" nights. "It's all about keeping your eyes open and telling yourself, *Hey, maybe I can do that.*" Angela makes about \$6,000 annually from her side work, and recently added another gig: She heard about someone living nearby who wanted meals prepared and delivered once a week. "I'm a mom who cooks a lot anyway, so I thought, *Why not?*"

Despite the myriad jobs she works during any given week, Angela's full-time work helping local girls and women at the Resource Center has never suffered. "The center has me at my peak, 8 a.m. to 4 p.m.," she says—but the true cost of her side work is the time she loses with her son when he can't come along on a job. Plus, paying for extra transportation, child care, or both can quickly negate the boost from part-time income, so she's learned to choose her gigs carefully. "It's a lot to handle," Angela says, "so I prioritize assignments with flexible hours and those that can be done from home. That's how things around the house like homework and laundry actually get accomplished."

Make your SIDE JOB work for you

LIKE EVERYTHING ELSE in life, moonlighting successfully depends on finding—you know this—balance. It can be all too easy to find yourself working until midnight for weeks on end, growing bitter that you're three weeks behind on your favorite TV shows (*Empire* doesn't get better when it sits in your DVR) and haven't had a minute to yourself.

Allison Hanrahan, 28, of Des Moines, IA, started dog-sitting through the site rover.com last fall, with the goal of easing the sticker shock of her upcoming wedding. It brought in steady extra cash, but she and now-husband Ryan soon realized that caring for anxious dogs who are missing their families



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can be exhausting. So the couple scaled back from pet-sitting every week to only two weeks a month. Even so, they earn \$4,000 in a year. “We love the work, and get requests for a lot more bookings, but it’s important to take a break,” she says.

Having several jobs can be incredibly demanding, so you need to know your limits, says Crystal Paine, author of the new book *Money-Making Mom*. Before taking on any extra work, comb through your budget to eliminate waste and make sure you’re not taking on extra hours unnecessarily. “You may realize, *Oh, wow, we only need \$200 more a month, not \$1,000*,” she says.

Also, make an effort to schedule time that’s not work-related and just for you. Audrey, the customer-service and direct-sales worker, goes to hula and Tahitian dancing classes at a studio near her house twice a week. She schedules them for after 7:30 p.m. so she’s not cutting into dinnertime with her kids—and thereby upping the chances she’ll actually go. “I need that time to lose myself in dance,” she says. “Then I come home refreshed.”

And think carefully about whether to turn a hobby you love into a job. It can be terrific: Lauren Dahl, 35, of Portland,

OR, who loves sewing, started teaching online sewing pattern classes as a way to generate extra income while staying home with her three kids, and now she makes more money from her current patternmaking gig than she did working full-time in corporate marketing. But

don’t be fooled; she works her heart out. Is your hobby just that—or could it be your life? “Ask yourself, *What job could I do that I can talk about until I am blue in the face?*” says Paine.

For single mom Angela, the answer to Paine’s question came unexpectedly one winter. With no money for Christmas gifts, Angela decided to paint wine glasses and give them away as presents. Family and friends loved them, and she was soon selling glasses to friends of friends, then to a local winery, and before she knew it she was hosting glass-painting parties at night and on weekends.

“I truly enjoy it,” Angela says of her side work. “And it’s one more way to ensure my family has a little extra, so my son can do Cub Scout activities and we can go out to dinner once in a while.” Plus, Angela says, “I’m approaching my goal to be debt-free one year from now.” Sure, having side jobs in addition to a day job is demanding, she says, “but it also means I have the best of both: Working multiple jobs allows me to be financially secure and follow my passions in a way a single job on its own just couldn’t. If that’s not rewarding work, I don’t know what is.” [®]



SCAM-SPOTTING

Thousands of “toxic” online job listings are out there, says Christine Durst, who tracks them and consults for the FBI. She puts the ratio of scams to legit gigs at 60 to 1. To find the real jobs:

USE H.R.-SPEAK WHEN YOU JOB-SEARCH

Instead of typing *work at home* into a search engine, try phrases like *this is a work-from-home position* to dramatically increase the quality of results. “Scammers don’t write in full sentences. They just scream, ‘Make money! Work from home!’” Durst says.

IGNORE OUT-OF-THE-BLUE EMAILS

Scammers hoping to trick you into giving up bank account or identity info have been known to target people who list themselves on job-search sites, pretending to be potential employers and asking for personal info. Never click on links from random

emails, Durst says. Look to see if the company has a quality website, which scammers won’t invest in, and make sure phone numbers and a real address are listed.

NEVER FRONT MONEY

An employer asking for “investment capital” is a red flag, Durst says. However, to work as an independent contractor for a customer service center, you may have to pay about \$100 for training, or \$45 for a background check—but only after you are offered the job. If you’re on staff, you shouldn’t have to pay at all.

To do

- ~~grocery store~~
- take the dog to vet friday
- * Kids need new uniforms - order!
- ✓ send email to Jess & team
- ☐ Call Heather
- Make-up soccer game - 3:30 Sat.
- * Flower show Saturday Night
- ↳ Babysitter? Jen?

⇒ call gutter cleaner! Rick G.

After school night - Tuesday 20th @ 6:30 PM

* Order Shower invites & ~~(call Sheri for guest list)~~

To Dry Cleaners:

- Suits
- dress
- Coats

→ Lunch duty Schedules
↳ email out by Wednesday

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[WE LEARN FROM HER]

Turning tragedy into lifesaving discoveries

About 6 million people in the United States have a brain aneurysm, and up to 500,000 worldwide die each year when one ruptures. Researchers are desperate for funding, and in memory of their cousin, these sisters are answering their call. **BY JESSICA PRESS**



Erin Kreszl (above left) with her sister, Christine, says Jennifer (below, center) “was like a sibling to us.”

JENNIFER SEDNEY DIDN'T HAVE TO know your name to touch your heart. “She had a way of dancing with the spirits of people she met,” says her cousin Christine Kondra, 37. Making people feel better from the inside out wasn't just her superpower, it was Jennifer's life mission: The full-time health consultant also wrote a wellness blog—its motto, “Bee radiant. Bee curious. Bee well.” played off her quirky obsession with honey—and volunteered for a half-dozen organizations.

In December 2013, while running on the treadmill, Jennifer came down with the worst headache of her life. She chalked it up to the hectic pace of the season, took some aspirin, and tried to sleep it off. The next day she collapsed, and at 4 p.m. on Christmas Day, her hospital bed surrounded by family, the bright and sweet 27-year-old passed away. The cause: a ruptured brain aneurysm.

Christine's sister, Erin Kreszl, 34, describes the shock as being “like after a car accident: In a flash, a very healthy person is just gone.” *Nobody should ever have to feel this way*, Christine recalls thinking. “If Jenny were there, she would've said, ‘Stop crying, get up, we're going to do something about it.’” So the Philadelphia-based sisters got to work, meeting with experts to figure out how this could happen to someone so seemingly fit. They were alarmed by how little is known about why an aneurysm—a weak, bulging spot in the wall of an artery—forms and what causes it to burst. “It's upsetting how underfunded this area of research is,” says Erin.

In May 2014, Erin and Christine launched the Bee Foundation to fund research into the prevention and early



treatment of aneurysms. Within five months they had raised \$120,000, largely through a benefit gala called the Honey Bash. Last spring they awarded their first \$50,000 grant to a researcher at UCLA, and they're on track to award two grants next year. “A lot of clinical research is funded by the medical device industry, which means findings often aren't

widely shared,” says Michael Chen, M.D., an associate professor of neurology, radiology, and neurosurgery at Rush University Medical Center in Chicago, a Bee Foundation advisory board member.

“Erin and Christine's only focus is getting as much new information out as quickly as possible. From the rapid execution of their initiatives, it's clear they mean business, and that's why I work with them.” The sisters maintain that it is memories of Jennifer's boundless energy that keep them motivated. As Christine puts it, “Jenny's mom, Aunt Alison, recently told us, ‘Jenny always said she wanted to leave her mark on the world, and you two are helping her get it done.’”

WHAT YOU CAN DO

DONATE at thebee foundation.org and find out how to hold a fund-raiser in your area.

PROTECT YOURSELF. Most screenings are done only if an aneurysm is suspected, but “if you have two close relatives with one or a history of bad headaches, you may be a candidate,” says Chen.

SUPPORT the Society of NeuroInterventional Surgery's (snisonline.org) research into safer aneurysm surgeries.

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The best (AND MOST FUN!) things you can do with your family



Here you go: 16 silly, serious, and no-stress ways to be one of those families that seems to get togetherness exactly right. Grab your kids and your parents, your siblings and your cousins, and start bonding. **BY MEGHAN RABBITT**

Let your kids give you a performance review

"I asked my daughters to tell me one thing—within reason and house rules!—I could do differently that would make me a better mom," says Amy Robach, news anchor on *Good Morning America*. "I was surprised when what they wanted was for me to come to their gymnastics practices. It's hours in a hot, sweaty gym, but I promise you, there is nothing like seeing them work on a skill, then turn to find me in the stands and break into the world's biggest grin."

Start a family project

Maybe you find all the local carousels and ride them, or taste-test every single cup of hot cocoa or slice of pizza in your neighborhood. Keep track of your progress on Instagram or just in a notebook (but make your kids write down their opinions themselves—that commentary will be gold when they're grown).

PLAY A GROUP GAME OF MEMORY

With your parents and sibs, start a conversation about a big event in your family history—like a trip to Disneyland or that crazy reunion—and ask everyone to fill in details. Not all in one place? Start an email chain, says Shelley Prevost, a former psychologist in Chattanooga, TN. Rope in the kids, too: When children share stories with their families, they get a chance to think about something bigger than themselves. "This alone can give deeper meaning and purpose to their lives," Prevost says.

Create your own family celebration

"We designated a totally random day—the first Saturday of August—that we committed to making Petrosky Day, our very own holiday. This is just for our immediate family: my hubs and my twin boys. We all signed an agreement that every year, no matter where we are in the world, we will observe this holiday and connect, whether in person or over the phone," says Maureen Petrosky, author of *The Cocktail Club: A Year of Recipes and Tips for Spirited Tasting Parties* and a contributor to the *Today* show.

FROM TOP: TOOGA/GETTY IMAGES; COURTESY OF MANUFACTURER (3); SARAH BEARD BUCKLEY/GETTY IMAGES; PAPER: EMILY KATE ROEMER/STUDIO D.



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Help your kid play hooky

Take your kid out of school just once, maybe on his birthday or around another big milestone, and do something special for only the two of you, like catching a matinee of a new movie (you'll love how empty the theater will be on a weekday!) or going for a hike. Worried it's setting a bad example? "There will always be school and workdays," reminds Alyson Lanier, a psychotherapist and life coach in Wilmington, NC. She says just don't do this on a regular basis or—clearly—on a day when there's a test or event at school. Pick an ordinary Tuesday and turn it into one that'll make you both say, "Remember that day we...?"



HAVE A CHARITY AUCTION

"When we're on vacation with our extended family, we have gallery shows where the kids create work and tape it to the walls of our rental house. After everyone's perused the art, we hold an auction, bid on all of the paintings, fork over real money, and then donate it to a charity that the kids choose," says Liz Gumbinner, editor-in-chief and publisher of coolmompicks.com.

Pick a night to play together

"It's so simple and old-fashioned, but we love game night in my family. It's a great way to take a break from all of the screens in our lives. After all, it's hard to check Facebook during a full-contact game of charades! This is a way to experience the kind of authentic intimacy that humans need in order to thrive," says Mehmet Oz, M.D., host of *The Dr. Oz Show*.

Surprise your faraway family with... mail

Start sending a card, craft, handmade book, or dollar-store gag gift to a family member in another city once a month. Including your kids is a great way to have grandparents, a godmother, or their second cousins feel more real to them. These acts of I'm-thinking-of-you kindness will make you all feel like a billion bucks—and there's a good chance you'll get actual mail in the actual mailbox in return.



Share a meal to remember

"The brain is hardwired to bond during activities involving food," explains Shimi Kang, M.D., a Harvard-trained child psychiatrist and author of *The Self-Motivated Kid: How to Raise Happy, Healthy Children Who Know What They Want and Go After It (Without Being Told)*. So swap your next family potluck for a cook-off. Ask relatives to bring their best casserole, chili, or insert-your-theme-here. After you eat, have everyone cast votes for awards like "Most likely to be served at a restaurant," "Most creative," or "Most likely to be devoured by the pickiest eater." It's truly one of those cases where *everybody* wins.

GIVE AN ELABORATE TOAST

"I don't understand why we save big meaningful toasts for special occasions. Do it on a regular basis! Once a week or so, give every family member a turn to raise a glass and come up with a reason to say 'cheers,'" says Lanier. "Toasts prompt us to talk about people we love in a way that really shows how we are impacted by them. Sharing how you're grateful or moved is a guaranteed way to know that the person will truly take in the compliment."

Go scavenging

Once or twice a year, hunt down every piece of spare change you can find in your home. "A scavenger hunt is a fun way to bond because you're working toward a common purpose," says Nicole Beurkens, Ph.D., a psychologist in Caledonia, MI. Then decide as a family how to spend it: to shop for a food bank, perhaps, or take it together to an animal shelter.



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Use Facebook for good (and for teasing)

Ask your parents, aunts, and uncles to dust off the photo albums and send you pics. Create a private Facebook group for your extended family so you (and others) can post photos, says Amy Morin, a psychotherapist in Bangor, ME, and author of *13 Things Mentally Strong People Don't Do*. You know those super-embarrassing shots of your cousin Margaret? This is their moment.



Shop like your sibs are 5 years old again

Instead of giving your brothers and sisters holiday gifts, toss a certain amount into a pot and go on a mad dash around Toys“R”Us together, spending your share of the cash on one another as if you were all 5 or 6. Admire your choices, then donate your loot to a local women’s shelter or children’s charity. And if you all scream for ice cream afterward, well, you’re grown-ups now, and you can have it whenever you want.

Break a “rule” as a family

“Since the kids were little, on the first big snowfall of every year, we’d run barefoot from the front door to the end of the driveway and back. It’s a little thing, but it’s the little things that make the sweetest memories,” says Meredith Vieira, host and executive producer of *The Meredith Vieira Show*.

Make time to connect

Spend an hour with your oldest relative in the morning (or whenever she’s at her best) and ask her to tell you about things like the happiest day of her life, the scariest thing that ever happened, what school was like, how she got her first job—whatever might get her chatting. It’s not only a way to show her she’s important to you; you may get insight into where you come from and who you are. And—not to be alarmist—you never know when it might be your last chance to hear the amazing stuff she has to tell.

TAKE FAMILY ALBUMS TO THE NEXT LEVEL

Instead of the usual group shots and vacation snaps, get everyone to *draw* a picture of one another. Paste them into a blank album, or turn them into a book using a service like Plum Print (ship the drawings and they’ll design a book) or Snapfish (scan them and do it yourself). Plum Print cofounder Meg Ragland loved this graduation gift idea: “A family had everyone, including the grandparents, color a picture of what they thought the high school graduate would be when he grew up. It was funny *and* beautiful.”

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Your biggest relationship questions, answered

We're taking on video games, makeup, and what to wear to bed, because this is the kind of information that saves marriages. Thanks, Aaron Traister.

Q: My guy loves playing video games over the Internet with 15-year-old kids he's never met. What could possibly be so appealing about that?

A: I'm not a gamer, and thus I have absolutely no expertise here, so I asked Mike, my 40-year-old *Borderlands*-playing friend. He explained that *no* adult finds playing online with people not yet old enough to give blood "appealing," but that it's necessary if you want to "level up." Mike said, "I've played online with equal numbers of 45-year-olds and 15-year-olds, and as long as they help you get what you want in the game, their age doesn't really matter. You usually can't even tell how old they are, except that high school kids tend to be the ones doing the most cursing in an effort to sound grown-up." So don't worry, your guy isn't reverting to his immature roots and joyfully shouting about farts while pounding Mountain Dew with new teen friends from around the world. Instead, he's being an adult with a clear and specific objective... which is to get to the next level of a video game. I think anyone who has ever wasted five minutes on a BuzzFeed quiz about which character from *Friends* they are can understand the appeal of that kind of accomplishment. I'm a Phoebe.

Q: My husband says he likes me with "no makeup," but I'm fairly sure he doesn't even know when I have it on. So should I believe him?

A: I used to swear I liked my wife, Karel, better with no makeup, but then she explained that I would have a greater chance of discovering a quark than knowing when she is even *wearing* makeup. In fact, Karel was sitting across the breakfast table from me as I wrote this, and she looked very beautiful. I asked her if she was wearing makeup and she said, "No, it's Saturday morning and I'm sitting here in my sleep shirt, ordering winter jackets for the kids from L.L.Bean. Why would I be wearing makeup?" I said, "I think you look very beautiful," and she said, "Stop trying to have sex with me, it's not gonna happen right now." So yes, we're being honest when we say we like you with no makeup because we like you the way you are, but we also probably like you with makeup. We just don't realize you're wearing it because (for the most part) we're not all that observant, or maybe we aren't quite sure what eyeliner looks like. And just for the record, we're not always trying to have sex with you when we tell you you're beautiful; sometimes

we just want you to know how beautiful we think you are. Besides, we're not usually classy enough to use words like *beautiful* when we're trying to initiate sex.

Q: How can my husband know every detail about every luxury car ever made, though I have never seen him actually reading about cars? And why is that stuff easier for him to remember than our wedding date?

A: The important thing to know is that your dude's passions about his hobbies and interests exist in one part of his brain; in an entirely different one, you'll find his love and passion for you and his family. They're not equal, and they have nothing to do with one another. You know how cows have four stomachs? It's like that. Now, on to your question about how he knows this stuff about luxury cars without actually reading anything



about them: He probably gets most of his information from b.s.-ing with friends over drinks and surfing the Internet after you go to bed. And because those are most likely his sources, if you were to take the time to research what he's talking about, you'd discover that 85 percent of what he says is wrong.

Q: Do you care if we wear sweatpants to bed?

A: Do you think you should look sexy when you sleep? Is your bedroom in a dance club? Do you feel like the bouncer might not let you in unless you're in the proper attire? If the answer is "No, my bedroom is not a dance club with a dress code," then you should be wearing whatever is most conducive to falling asleep. A well-rested and refreshed wife is much more attractive than a wife who is tossing and turning at night because the thong she went to sleep in is giving her a wedgie. The only time you should think about what you wear to bed is if you are planning on having sex, and then only if you feel the desire to dress up in a slinky negligee or a Daenerys Targaryen costume or whatever floats your boat. Let's be clear: If there is the promise of sex, most guys don't really care what you're wearing. And the sleeping place is one of the few spots left on Earth where comfort is more important than fashion. Let's keep it that way. Unless your bouncer disagrees, of course.

Q: Why are there socks on the floor, why?

A: Personally speaking, I pick up after myself because I am a decent human being who believes that no one should have to touch my socks except me. And yet, no one brings up the fact that there are always sports bras and tangled-up tights on my desk. I work from home and I need that space to craft thoughtful answers to penetrating questions about the differences between the genders. Perhaps you don't pile bras on your guy's desk, but maybe you leave Q-tips next to the bed or you get a new glass every single time you want water even if the one you used two hours ago is still completely fine. The truth is that we all have bad habits we're slightly blind to, and part of being married is accepting that in spite of all our hectoring, there are certain little things our partners do to irritate us that may never change. We take our partners "for better or for worse," and that includes oblivious dirty socks and a large family of almost-clean glasses in the sink.

Q: My fiancé's mother is still in touch with his ex, and she likes all her Facebook pics—can I ask my guy to do something about this?

A: There is nothing you can ask your fiancé to do about this. If *he* were clicking "like" on his ex-girlfriend's Facebook "Awesome Gym Bod Transformation," then you might have some room for legitimate complaint, but you've got nothing here. It's his mom—she's not really part of your relationship. Even if she is pressing "like" on his ex-girlfriend's "Awesome Gym Bod Transformation," it's (admittedly) bizarre, but has zero impact on you as a couple. Besides, old people like everything they see on Facebook, whether it's a photo of a kitten curled up in a picnic basket or a post about "worst tattoo mistakes ever." If they look at it for longer than three seconds, they feel obliged to like it. The best piece of advice I have is to get off Facebook and return to resenting your future mother-in-law for hurtful things she's actually said to your face, just like everyone else.

Q: Why does my husband never go through his mail?

A: Because he's always worried that "they" have discovered where he lives. You mark my words: A man who doesn't check the mail is a man with a past. That or else he's just lazy when it comes to the mail. 

DO YOU HAVE A QUESTION FOR AARON? Email him at redbook@hearth.com (subject: Whys Guy). His answer may appear in an upcoming issue!

PROMOTION

inspired
WHAT'S NEW NOTEWORTHY & NOW 11.15

Lunchables Uploaded

The New Lunchables Uploaded Walking Taco! This portable, tasty snack is the perfect answer to all your hungry teen's afternoon snacking needs. They'll love that it's full of flavor, and you'll love that it's super-easy to make. Just mix the ingredients, heat in the microwave, and enjoy!

lunchables.com



Lunchables
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6 books you'll devour like that leftover pie



THE Y.A. READS YOU'LL LOVE TOO

Fill up your daughter's girl-power tank with these tales of plucky heroines she (and you) will root for. Willowdean, the star of Julie Murphy's *Dumplin'* (ages 13+), isn't ashamed of being plus-size—but snarky comments still hurt. So she and a crew of misfits enter a local pageant to prove beauty isn't all about how you fill out a swimsuit. *The Green Bicycle* (ages 10+), based on the indie film *Wadjda*, follows a spirited 11-year-old in Saudi Arabia, where it's unseemly for girls to ride a bike. She wants one more than anything, and isn't against breaking the rules to get it.



The action-packed historical novel

True story: Before Cleopatra ruled, her half sister Berenice stole the throne from their father. He fled with Cleo to Rome, leaving the youngest daughter, 8-year-old Arsinoe, to fend for herself. *Cleopatra's Shadows* is Emily Holleman's vivid, page-turning novelization of Arsinoe's fight for survival in the bloodthirsty royal court, and Berenice's struggle to control it.



THE CELEB MEMOIR WITH HEART

"It taught me that beauty could live in a seedy area. Not only live but also be strong!" writes Drew Barrymore of the bougainvillea that covered the duplex where she and her mother lived while she was young. Finding the blooms of hope in rough times is the underlying theme of her memoir *Wildflower*, about the lessons from her chaotic past—and the friends-turned-family—that guided her to a happy present.

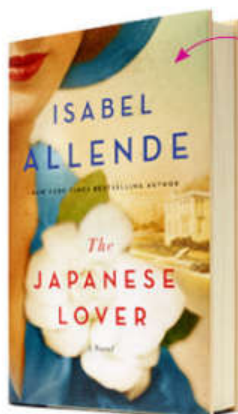
THE KLEENEX-REQUIRED SAGA

As 23-year-old Irina and quirky 80-something Alma grow close in *The Japanese Lover*, Isabel Allende mesmerizingly

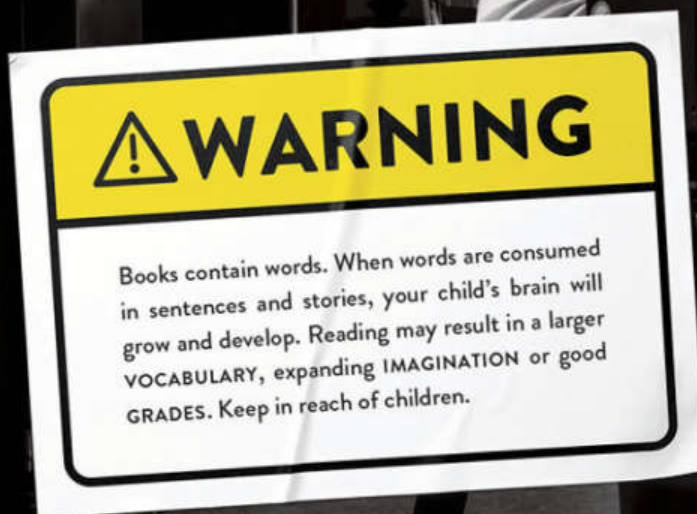
unravels each woman's tumultuous backstory. While the book gets its title from Alma's forbidden romance with a gardener's son, it's the amazing friendship between the two heroines that epitomizes the transformative, healing power of love.

THE INSPIRING REAL STORY

When they met in 2007, Jessica Posner, a middle-class American student, and Kennedy Odede, the community leader of a Kenyan slum, were the last two you would have expected to fall in love. In *Find Me Unafraid* the now-married activists recount their unlikely story, one filled with sweet moments, life-threatening hardships, and uplifting shared achievements, like establishing a tuition-free school for girls.



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red

AT HOME

PHOTOGRAPHED BY Erika LaPresto



Design SCHOOL



52 EASIEST DECORATING TRICKS *EVER*

- Perfect paints for any room in your house
- Instant lighting makeovers • Indestructible houseplants
- Game-changing organizing ideas

This sun-drenched living room positively glows with a peppy green-blue. Glidden Fresh Water Blue 50BG 72/170



transform your rooms with color

Picking a paint color can be a terrifying process (Sinatra sang it best: "Regrets, I've had a few..."). So we asked four experts for shades that will elevate the look of any space—big or small, dark or bright—so you'll never second-guess yourself again.

BY EMILY HSIEH

blues

There's a reason they're so popular: Whether it's a strong or soothing shade, blue is *always* beautiful. Susan Hable, author of *A Colorful Home*, has five gorgeous ideas for you.

1 For small, light-filled spaces

This slightly smoky blue adds some serious sophistication to a bright place, like a family room with plenty of windows.

Benjamin Moore
Denim Wash 838

2 For small, dark rooms

Hable suggests a vibrant cerulean in an otherwise drab location. Her advice: "Paint a room you do chores in—like a laundry room—a color you love so you'll *want* to spend time in it."

Benjamin Moore Aquarius 788

3 To make a statement

A deep shade with notes of gray and green will feel bold in a bright

room and also make a darker room feel dramatic, not dim.

Benjamin Moore
Mozart Blue 1665

4 In large, light-filled areas

Stay away from pastels; they can skew cold in bigger spaces. Instead, look for a warm blue with purple notes. It's energetic, but not overpowering.

Behr Promise Keeping P530-2

5 A safe bet anywhere

"An airy blue with hints of green will always be soothing," says Hable. It's beautiful in a place where you spend a lot of time day or night, since it works in all lights.

Valspar Icy Blue 5004-9A



Teal is *chic* in a low-light living room. Valspar Vintage Teal 5010-9

Who needs coffee when you have a room in this sunny color? Valspar Lemon Curd 3007-2A

yellows

"Yellow should feel cheerful and optimistic," says Shannon Kaye, artist and color consultant. Here are five ideas that deliver on that promise 24/7.

1 For a small, dark room

"Gold is so mysterious," says Kaye. It's rich, yet inviting—and would magnify the coziness of a bedroom, office, or den. She suggests complementing this shade with dark woods and violet or mauve fabrics.

Behr Champagne Grape BIC-41

2 A safe bet anywhere

Buttery yellows are a solid standby because they are casual and fresh, Kaye says. They're especially good at making kitchens feel happy at any time of day.

Sherwin-Williams Full Moon SW 6679

3 To make a statement

Try marigold on a front door or even a kitchen island—just be sure to do a higher-gloss finish so it will withstand the wear and tear of a high-traffic area.

Sherwin-Williams Bee SW 6683

4 In large, dim areas

Kaye believes an earthy, mustard yellow telegraphs comfort and warmth, a mood that can be challenging to achieve without a lot of sunlight. You can add more spark with a colorful rug and jewel-tone accessories.

Benjamin Moore Concord Ivory HC-12

5 For small, light-filled spaces

A yellow with hints of green only works when you've got plenty of brightness; otherwise it can look muddy.

Sherwin-Williams Glisten Yellow SW 6912



NEVER MISS ANOTHER SIP.



CAFFEINE FREE *Diet*
Coke
GET A TASTE:



White fabric and rustic floors help balance this gorgeous Pepto hue. Glidden Pinkety Pink 63RR 39/350

pink

“They’re having a moment!” says New York-based interior designer Young Huh. Which is an especially good thing, considering that pink is one of the most flattering hues.

1 In a large, dim area
Soft and pretty, a tawny pink will bring cheer to spacious spots: bedrooms, living rooms, even a long hallway. To make it feel less ballerina-like, pair it with white, black, and gray furniture and accessories. Ralph Lauren Classic Pink RL2204

2 A safe bet anywhere
With its brown and yellow undertones, “this neutral will truly work in any space,” says Huh, and will lend a traditional air to an entryway or dining room. It’s also the least girly iteration of this hue. Sherwin-Williams Trek Tan SW 7597

3 To make a statement
A vibrant pink might not be for everyone, which is why Huh says it’s ideal for a little room without windows, like a powder room. Elsewhere, “try it on the ceiling with a taupe wall,” she says. Benjamin Moore Peony 2079-30

4 For a small, dark room
This pastel has peach notes, which helps a tiny space, like a home office, feel warm and glowy instead of stuffy. Ralph Lauren Tea Rose RL2190

5 For large, light-filled spaces
“In bright rooms, the sun will wash out colors during the daytime and make them pinker in the evening,” she says. A dusty rose stands up to the change. Benjamin Moore Fantasy Pink 1290

Whealon's modern touch to this traditional interior: painting the moldings and baseboards the same color as the wall.
Benjamin Moore
Warm Springs 682

greens

Interior designer Timothy Whealon, author of the new book *In Pursuit of Beauty*, says green "will enliven any space and make it feel fresh."

1 A safe bet anywhere

Saturated but not overpowering, this minty hue will stay cool, crisp, and clean in any kind of light.

Valspar Delicate Frost 6003-9A

2 In small, light-filled areas

Greens that have a lot of yellow, like this "happy mix of apple and grass," will be winners in sunny rooms; they tend to be muddy in low-light places. Try it in a half-bathroom or even a little spare bedroom to add some pep.

Sherwin-Williams
Overt Green SW 6718

3 To make a statement

For a fun family spot, like a den or a basement, go bold with a vibrant game-table green. It will lend a classic, lounge-y vibe to that space.

Ralph Lauren West Lawn RL1587

4 For small, dark spaces

To add intrigue to a narrow hallway or the inside of a large closet, look for "a deep color that doesn't feel too heavy," says Whealon. Just be sure to use a glossy finish so it will hold up to these high-use areas.

Ralph Lauren Tapestry Green RL1557

5 For large, light-filled rooms

"A sage-y, celadon hue has a tranquil quality," Whealon says. "It's upbeat, yet feels restful." Because of its gray notes, it needs a more expansive, bright room, like a master bedroom, to prevent it from becoming dreary.

Behr Cabbage Leaf M370-2



Lighting strategies that decorators know

Proper lighting can make even the smallest windowless room look rich and inviting. Three design pros share brilliant little rules that will turn any space glowy and welcoming. **BY ELIZABETH JENKINS**



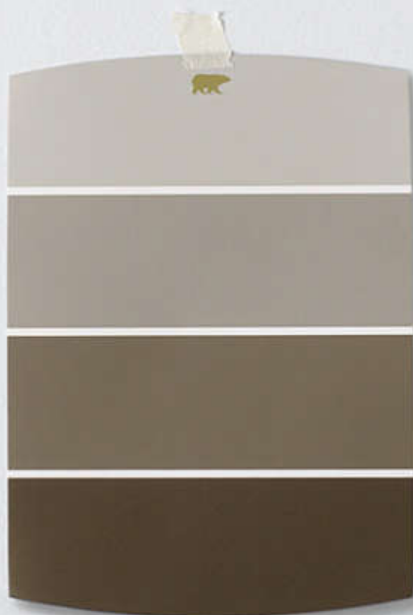
“You have to spread light around. The problem with having only one light in a room is that when you look at it, your pupils dilate, so the rest of the room appears darker. Even the tiniest accent lamp can help alleviate dim corners in a **living room**.”—DAVID GRAY, LAMPS PLUS

1. Ideally you want a total of 2,000 to 3,000 lumens (not sure what a lumen is? Turn to page 144!) coming from at least three different sources. That way, the room can be as bright as you like, or you can turn off a couple of lamps for a more serene and relaxing vibe.

2. Think about where you want to aim your light: projecting up or projecting down. Shades angled up will light the entire room, and those pointing down, like this reading lamp, will brighten a contained space.

3. Highlighting someplace unexpected, like a nook or a bookcase, with a petite accent lamp is something designers always recommend. You don't need more than a mellow 500-lumen bulb for that small space.

4. With table lamps, the height is key; the bottom of the shade should be just below eye level when you're sitting by it. So if you're in the market for a new lamp, have a sense of how tall your end table is, since no one likes a light shining in her face.



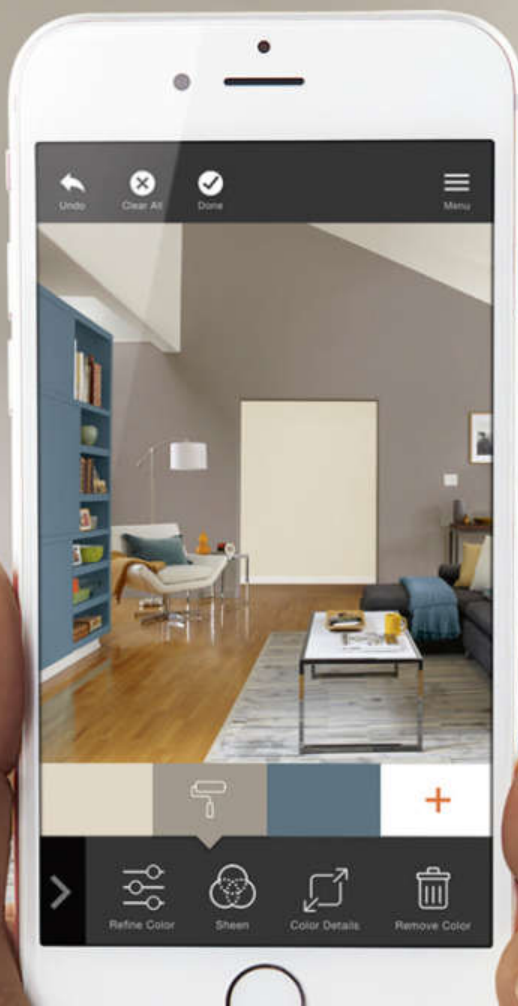
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Bookcase: BEHR® Catalina Coast PPU13-3

Wall: BEHR® Studio Taupe PPU5-7

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More saving.
More doing.

“Imagine sitting across from someone: You don’t want the light fixture blocking your view of them, but you want it low enough that the light will fill the **dining room** table.” —HILARY FARR, DESIGNER AND HOST OF HGTV’S *LOVE IT OR LIST IT*

1. Think about how you use your dining room table:

If you only eat there, 2,500 lumens of light from the chandelier are plenty. If you like to pay bills or your child does homework there, ratchet it up to 3,500 lumens.

2. The rule of thumb for hanging a chandelier

is that there should be 30 to 36 inches between the bottom of the fixture and the table itself. It should also be one foot narrower in width than the table below it, otherwise it will feel overpowering.



3. Mirrors are secret weapons

for decorators faced with small spaces—they bounce the light from the overhead fixture around so the room appears bigger and brighter than it really is.

4. Sconces always look elegant in a dining room.

Most designers will say the wires should be hidden behind the drywall, but if you’re not up for that project, place decorative objects like framed pictures and vases in front to hide them.

“There’s nothing easier than walking into a **bedroom** and flipping a switch to light it. But if you like to read in bed, you definitely want a smaller lamp by your side.” —MICHAEL AMATO, CREATIVE DIRECTOR OF THE URBAN ELECTRIC CO.

1. Two thousand lumens

of overhead light is the industry standard; if you prefer a dimmer bedroom, 1,500 is enough for a tranquil space.

2. A floor lamp is great

if you have an armchair in your bedroom. Put in a low-lumen bulb so it creates a soft, relaxing glow in that corner.



3. Bedside lamps should be 800 lumens each,

which will be enough light for reading if the rest of the room around you is dark.

4. Task lighting or a swing arm sconce is ideal

for bedside lighting—you want the light to be directed toward a specific location rather than illuminating a large space (and annoying your partner as he tries to sleep).

KNOW YOUR STUFF

LUMENS vs. WATTAGE:

The measurement of brightness in an LED bulb is called a lumen. An LED of 800 lumens is comparable to a 60-watt bulb.

LED BULB: Light-emitting diodes are the choice of most decorators, and the most environmentally friendly option out there. They may be pricey, averaging between \$10 and \$30, but you get what you pay for—some manufacturers claim their bulbs will live as long as 10 years.

OTHER OPTIONS: Old-school incandescent bulbs aren’t in production anymore (though you can still find back stock on eBay). Newer incandescent bulbs, which use halogen and have the same traditional shape, use moderately less energy and cost under \$5 each. CFL bulbs are more efficient and longer-lasting than both, but can be expensive, with good-quality ones costing as much as \$15.

PROMOTION

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Never kill a plant again!

Plants are so important—they make even a tired room feel fresh. The ones here are pretty much indestructible, even for those of us with black thumbs.

Let them help you turn over a new decor leaf. BY LAUREN OSTER

OUR EXPERTS:

Tovah Martin, author of *The Indestructible Houseplant*, and Tara Heibel and Tassy de Give, coauthors of *Rooted in Design*

1. Pothos

This fast-growing cascade creates instant *Jungle Book* drama and will thrive perched on something tall, like a bookcase. “Let the vines trail until they get unruly, then snip them and put the clippings in a glass of water to root,” says de Give.

2. Corn plant

Two reasons this baby *belongs* in a corner, says de Give: Corn plants thrive in low-light areas and they can grow up to six feet tall, which will add drama to any empty space. But no, despite the name, you aren’t going to get any actual corn from it.

3. Jade

This gorgeous succulent is thought to be a good-luck charm in Asia, and lucky you, it’s also hardy and fast-growing. Bigger jades look nice on their own, but smaller ones are chic in clusters.

4. Maranta or prayer plant

Place this lovely specimen just below eye level to maximize the impact of its bold patterns and gorgeous red leaves, says de Give.

5. African violet

With its colorful blooms and fuzzy kitten-ear leaves, this slow-growing plant is a perfect addition to a bland spot. Martin recommends making a space for it near an east- or west-facing window. This and the prayer plant are your two best bets if you have a cat or dog—they’re both nontoxic.

6. Snake plant

It’s especially good for neglectful owners, says Martin. You don’t even need to replant it—just plop it in a woven basket or other pretty vessel. “Always be sure to line inside the container to protect your floors, though, for when you *do* water it,” says Heibel. —Additional reporting by Phoebe Dinner



STUDIO: PROP STYLIST, CARLA GONZALEZ; HART, BRASS HEXAGON POT AND BLACK TRIPOD PLANT STAND; FERM LIVING; PURE HOME CO.; FOOTED RATTAN URN: TERRAIN; SHOPTERRAIN.COM; SPUN COPPER PLANTER: YIELD; YELDDSIGN.COM.

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Miraculous, multitasking organizers

Clutter will make you crazy... but only if you let it. We asked organizing gurus and design pros to narrow down the seven hardest-working solutions you can buy—and not one of them costs more than \$150. Don't you feel better already?

1

ENTRYWAY

It's the dumping ground for stuff, so you've got to have a stash spot for *everything*. May you never trip over a stray boot or helmet again.

1 String up a roll of kraft paper to jot down notes, appointments, and other to-do's—so much better-looking than a dry-erase board. Says Abby Larson, founder of the blog *Style Me Pretty*: "My family also uses it to line the dining room table or pull it across the floor for messy artwork." *Boardwalk kraft paper*, \$33 for 18-in. x 800-ft. roll; amazon.com.

2 A tall cart with wheels is a smart piece to have here because it holds stuff that you reach for often—stray

tote bags, umbrellas, pet leashes, flashlights, and your car keys. And it can roll away easily when you want to spruce up the area for guests. *4-shelf wooden Gavin rolling cart*, \$150; worldmarket.com.

3 Use a giant metal barrel for tall or unwieldy stuff, says Jen Hatmaker of HGTV's *My Big Family Renovation*. "This one is great because you can store things in it or flip it over for extra seating," she says. Here, it tames umbrellas and sports equipment. *Galvanized storage barrel*, \$118; anthropologie.com.

4 This is actually an Ikea bookshelf that we turned on its side! We got the idea from Becky Barnfather, owner of the blog *Organizing Made Fun*. It's a clever way to quickly stash shoes, boots, and backpacks. *Kallax shelving unit*, \$59.99; ikea.com.

2

3

4

LIVING ROOM

Corral your things into tidy, pretty vignettes, all thanks to these versatile pieces.

1 That place where you stashed your keys and gloves in the entryway? In the living room it becomes a bar cart. “Not only does this one look modern because of the wood and metal, it’s also mobile—you can roll it to different rooms where you are entertaining,” says Samantha Pregenzer, a professional organizer.

2 Turn the barrel over, place a cushion on top, and it becomes extra seating in a pinch. Says Pregenzer: “You’ll never be in that uncomfortable position of having someone sit on the floor—yourself included.”

3 Splurge on the double Ikea Kallax shelf (it’s only \$5 more), lay it on its side, and it becomes a clutter-busting television stand. “When a TV is mounted on the wall, you need storage under it, period,” says Pregenzer. “You don’t want people to focus on the cable box, DVD cases, or gaming components. Storage allows you to keep all that ugliness at bay.” *Kallax shelving unit, \$64.99; ikea.com.*



Pretty Pegs (prettypegs.com) is a genius company that sells chic legs for Ikea furniture. The “Estelle 120” ones here are \$84 for four legs.

STUDIO: PROP STYLIST: CARLA GONZALEZ-HART; LIVING ROOM: HIGH TIDE BLUE AREA RUG; WORLD MARKET.COM; “ALBERT” AND “FRANC” CANDLE HOLDERS; LOSTINE.COM; BATHROOM: TOOTHBRUSHES, PATTERNED ZIP POUCHES, NAIL POLISH; ODEME.CO.

BATHROOM

The trick here: having all the things you need handy while still keeping them hidden.

1 “It’s important to get creative not only with your space, but also with how you position your furniture,” says Pregenzer. So we placed that Ikea single shelf perpendicular to the wall, which allows you to access items from both sides—no more digging around to the back of a shelf

2 Putting away hot flat irons and curling irons can be problematic (and dangerous), so Barnfather came up with this solution: Leave them to cool down in a metal desk organizer. *Realspace brocade desk organizer, \$13.49; officedepot.com.*

3 It’s the spot in your home where everyone strips down, so you need a hamper. Simply line the Anthropologie barrel with a laundry bag and your family’s laundry can be consolidated in one place (theoretically, anyway).

4 If you’re strapped for counter space—and what family bathroom *isn’t*?—Pregenzer suggests picking up a cake stand. Because putting anything on a pedestal, including toothbrushes and hand soap, adds a bit of elegance to the family loo. *BIA Cordon Bleu cake stand, \$30.75; wayfair.com.*



HANDMADE *for the holidays*



For a delicious and simple D.I.Y. gift idea, try this Caramel Apple Popcorn recipe from **TEAM RED CONTRIBUTORS AND LOLLY JANE BLOGGERS KELLI MULLINS AND KRISTI JANSEN**. It's guaranteed to impress everyone on your list this season. And don't be afraid to get the whole family involved in this project because **Delta® Touch₂O® Technology** makes clean up a breeze.

INGREDIENTS NEEDED:

- 18 soft caramels
- ½ cup corn kernels or 15 cups popped popcorn
- 3 tablespoons vegetable oil
- ½ cup butter (1 stick)
- 1 cup sugar
- ⅓ cup light corn syrup
- 3 oz apple-flavored gelatin (1 box)



DIRECTIONS

- Unwrap and chop the caramels into bite-size bits. Set aside and rinse hands with warm water before continuing.
- Line a cookie sheet with wax paper and preheat your oven to 200 degrees.
- Melt butter in a medium saucepan. Stir in the sugar until it melts.
- Add the corn syrup, followed by the apple gelatin mix. Bring the mixture to a boil over low heat, stirring frequently for 5 minutes.
- Remove the sauce from the heat and pour half over the popcorn. Toss, then add the remainder, and toss again.
- Spread the popcorn on cookie sheet, sprinkle the caramel bits on top and bake for another 15 minutes.
- Let the popcorn cool for 10 minutes and toss again, breaking apart any clumps to prevent the candy coating from settling. Rinse hands to remove stickiness.

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When making by hand
means making a mess,
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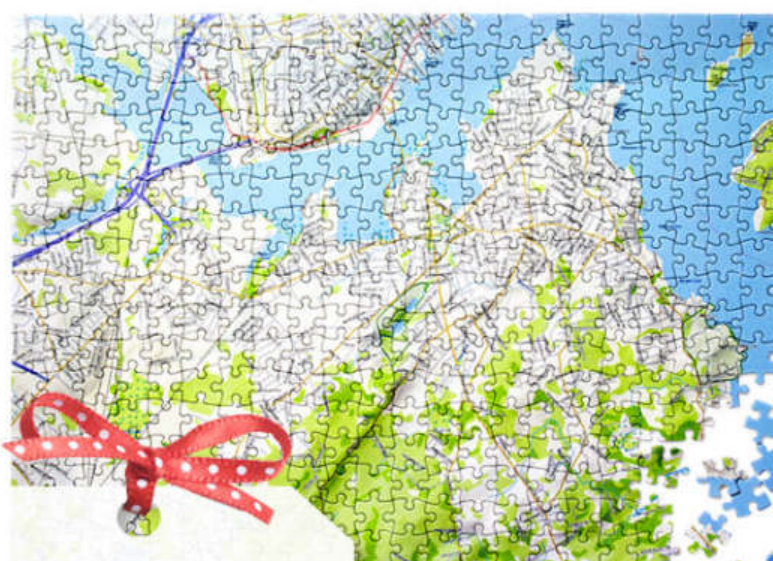
1



15



2



EARLY BIRD Gift Guide

Get gift-giving out of the way before December even dawns with these \$50-and-under finds.



16



12



14



13



11

Buy in bulk for all those hostess and teacher



TEA, UTENSILS, PUZZLE, BLANKET, SEA SALT, THERMOS, EMILY KATE ROEMER/STUDIO D. ALL OTHERS: COURTESY OF MANUFACTURERS.

- 1** We don't know of any grandparent in the universe who wouldn't delight in a silhouette of their grandchild. Custom Canadian; prettiestsilhouettes.etsy.com.
- 2** Elegant salad servers that will class up any holiday buffet table. Normann Copenhagen & Herbert Krenchel's Krenit salad servers, \$25; aplusrstore.com.
- 3** Perfect for new homeowners: a custom puzzle of any neighborhood in the United States. My Hometown Map Puzzle, \$39.95; lbean.com.
- 4** The gift of sweet relief from chilly toes and aching joints. Water bottle and cover, \$44; mettevangso.com.
- 5** Any budding gardener will really dig starting a mini forest in December. Bonsai redwood forest, \$50; pottingshedcreations.com.
- 6** Every style-obsessed teen should have a place to store her baubles. Catchall tray, \$49; pbteen.com.
- 7** The coworker who cracks you up on coffee breaks needs an upgrade. Thermal mug, \$14; shopbando.com.
- 8** Surprise the superior gift-givers in your life with these bespoke labels. Word Play labels, \$15 for 25; felixdoolittle.com.
- 9** The playful silicone coating on this classic porcelain piece will thrill any design maven. Teapot, \$24.95; cb2.com.
- 10** Gourmet salt tucked in a hand-embroidered muslin bag is like catnip for foodies. Sal del Mar sea salt, \$15; halfhitchgoods.com.
- 11** Even plastic-bag apologists will get excited about four cheerful reusable totes and the five zippered pouches they come in. Loqi reusable bag set, \$39.95; reuseit.com.
- 12** May someone always think fondly of you when he opens a beer. Elephant bottle opener, \$24; apartment48.com.
- 13** Because you know how much your BFF cherishes her zzz's. Personalized sleep mask, \$48; parkerthatch.com.
- 14** This trio of neon-dipped bowls will be a hit with everyone from a cook to an organized teacher. Mini bowls, \$24 for 3; windandwillowhome.com.
- 15** On a counter, it's a ray of sunshine; in hot water, it's a trip to Morocco. Majorelle mint tea, \$33 for 4 oz; bellocq.com.
- 16** A travel blanket and inflatable pillow set will help little ones snuggle up when they're visiting Grandma. Lug travel blanket set, \$33; horchow.com.

gifts (and his picky family members, too).

at home

MAKE A THANKSGIVING FEAST IN 2 HOURS

It is possible to prepare an entire showstopping holiday meal and not put your life on hiatus in the process. The proof is in this amazingly easy-to-make menu and step-by-step plan for getting everything done (see page 162). It requires a single hour of cooking the night before and one more the day of, but still delivers turkey, veggies, and all the fixin's everyone waits a whole year for, including pie.

RECIPES BY MARY-FRANCES HECK
PHOTOGRAPHED BY SARAH ANNE WARD



FOOD STYLING: KHAULI HYMORE; PROP STYLING: PAOLA ANDREA AT ANYWAY REPS.



THE ART OF
MAC & CHEESE



BUTTER-ROASTED TURKEY BREAST

These breasts will more than satisfy the white-meat crowd, but if you have some die-hard dark meat fans at the table, make a couple of legs, too. Prepare the legs the same way as the breasts, but roast on a rack at 450°F for 30 minutes, then reduce the heat and roast at 350°F for another hour.

Active: 10 minutes

Total: 1 hour and 10 minutes (plus overnight chilling)

- ¼ cup softened butter
- 3 Tbsp chopped fresh sage
- 1 Tbsp lemon juice
- Kosher salt and pepper
- 1 boneless, skin-on, split turkey breast (2 halves), about 4 lbs
- 1 lemon, sliced
- 1 onion, sliced

1. Combine the butter, sage, lemon juice, 1 Tbsp salt, and 1 tsp pepper in a small bowl with a fork.

2. If the breasts are thicker than 1½ in., pound them lightly to flatten. Make a small opening between the skin and meat and use your fingers to loosen the skin without detaching its edges. Massage the butter mixture under the skin, dividing evenly between the two pieces. Arrange the lemon and onion slices on the bottom of a large roasting pan and place the turkey, skin-side up, on top. Refrigerate uncovered overnight.

3. Arrange racks in upper and lower thirds of oven. Heat oven to 450°F. Roast the breasts on top rack for 20 minutes. Rotate pan and continue roasting on bottom rack until thermometer registers 155°F, about 30 minutes. Remove from oven; rest 5 minutes before slicing.

Makes 6 to 8 servings.



LEMON-HERB GRAVY

Store-bought broth is fortified with onion and rosemary, then thickened with a beurre manié (softened butter mixed with flour). Make gravy ahead, then rewarm and mix with roasting juices from the turkey, fresh sage, and a squeeze of lemon juice.

Active: 15 minutes

Total: 40 minutes

- 1 tsp vegetable oil
- ½ yellow onion
- 4 cups low-sodium turkey or chicken broth
- 2 sprigs rosemary
- 2 Tbsp softened butter
- 2 Tbsp flour
- 1 Tbsp chopped fresh flat-leaf parsley
- Kosher salt and pepper
- Lemon juice, to taste

1. Heat the oil in a large saucepan over medium-high heat. Add the onion, cut-side down, and sear until dark brown, about 4 minutes. Flip the onion and add the broth. Bring to a boil, reduce heat, and simmer until reduced by half. Add the rosemary and remove pan from heat. Let steep for 10 minutes, then remove and discard the onion and rosemary. Cover and chill if making ahead.

2. Bring the broth to a simmer. Mash the butter and flour to a smooth paste. Whisk the mixture into the simmering broth, then stir in the parsley. Return to a simmer, stirring often, and cook until thick, about 10 minutes. Stir in the pan drippings and ¼ tsp pepper. Adjust seasoning with lemon juice and salt, if needed.

Makes 6 to 8 servings.





SMOTHERED-ONION DRESSING

Caramelized onions and garlic get tossed with stale bread, broth, celery, spices, and fresh chopped scallions. Assemble in a roasting pan and bake at the same time as the turkey.

Active: 50 minutes
Total: 1 hour and 20 minutes

- ½ cup softened butter (1 stick)
- 2 large onions, halved and thinly sliced (about 4 cups)
- 8 cloves garlic, smashed (about ¼ cup)
- 2 stalks celery, chopped into ½-in. pieces (about 1 cup)
- 1 bunch scallions, thinly sliced (about 2 cups)
- 1 tsp poultry seasoning (like Bell's)
- Kosher salt and pepper
- 1 1-lb loaf good-quality, day-old, dense bread, cut into 1-in. pieces
- 2½ cups turkey, chicken, or vegetable broth

1. Melt the butter in a large heavy skillet over medium heat; add the onions and garlic. Fold to coat with butter; cook the onions, stirring often, until caramelized, about 40 minutes. Add the celery, scallions, and poultry seasoning and continue to cook, 5 minutes, until the celery is translucent around the edges. Season with ¾ tsp salt and ½ tsp pepper.

2. Place the bread in a large bowl and, using your hands, combine with the cooked onions and half the broth until coated. Add the remaining broth and fold until all liquid is absorbed.

3. Spray a 13x9x2-in. casserole dish with nonstick spray and fill with the dressing. Cover with foil; chill.

4. Heat oven to 450°F. Bake the dressing (covered) for 20 minutes. Uncover and continue baking until the top is crunchy and brown, 25 to 30 minutes.

Makes 6 to 8 servings.



CRANBERRY-CLEMENTINE SAUCE

Fresh (or frozen) cranberries are pulsed in the food processor with clementine segments and sugar. Let sit in the fridge overnight for a cool, tart sauce.

Active: 10 minutes
Total: 10 minutes

- 2 clementines
- ½ cup sugar
- 1 12-oz bag fresh or frozen cranberries
- 1 bay leaf (optional)

1. Zest the clementines. Combine zest in a food processor with the sugar and process for 15 seconds, until the sugar looks damp.

2. Peel the clementines; discard the peels. Divide into segments and feel for seeds, removing and discarding any. Place the segments and cranberries in a food processor with the sugar and zest and pulse to finely chop everything. Spoon the relish into a resealable container and stir in the bay leaf, if desired. Cover and chill overnight. Remove and discard the bay leaf (if using) before serving.

Makes 6 to 8 servings.



MEANS THIS RECIPE CAN BE PREPARED GLUTEN-FREE, BUT ALWAYS CHECK INGREDIENT LABELS.



GF GLAZED CARROTS AND TURNIPS

Root veggies are simmered in salt, sugar, and butter resulting in tender, lacquered goodness.

Active: 10 minutes
Total: 20 minutes

- 1 lb small carrots, trimmed and peeled
- 1 lb baby turnips, trimmed
- $\frac{1}{4}$ cup butter
- 2 tsp sugar
- Kosher salt
- 2 bay leaves
- 1 large sprig thyme

1. Combine the carrots, turnips, butter, sugar, 1 tsp salt, bay leaves, and thyme in a large, deep skillet. Add enough water to come three quarters of the way up the vegetables (1 to 2 cups).

2. Set skillet over medium-high heat and bring to a simmer. Cook, stirring occasionally, until the vegetables are tender and glazed, 10 to 12 minutes. Remove bay leaves, spoon into a serving dish, and keep warm.

Makes 6 to 8 servings.

GF SPICY GREENS WITH SAUSAGE

Blanching the chard the night before gives it a head start on cooking.

Active: 20 minutes
Total: 20 minutes

- 2 lbs rainbow chard, stems and leaves separated and chopped
- 1 Tbsp olive oil
- 8 oz spicy or smoked sausage (like chorizo), diced or crumbled into $\frac{1}{4}$ -in. pieces
- Pinch of chili flakes (or more, to taste)
- Kosher salt and pepper

1. Blanch the greens in a large pot of boiling water until wilted, about 1 minute. Drain and let cool. Squeeze excess water from the greens; chill until ready to cook.

2. Heat the oil in a large skillet over medium heat. Add the sausage and chili flakes. Render, breaking up any large pieces, until browned, about 5 minutes. Fold in the greens and season with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper. Cook until heated through, about 3 minutes.

Makes 6 to 8 servings.





Here's our
TASTIEST
FAMILY
Recipe.

NOW
SHARE
Yours.

SAUSAGE CORNBREAD STUFFING

INGREDIENTS:

1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
2 cups celery, chopped
1 cup onion, finely chopped
4 cups cornbread, toasted & chopped
1/4 cup fresh parsley, chopped
1 tsp. poultry seasoning
1 cup chicken broth
1 egg, lightly beaten
1/2 cup pecans, chopped (optional)

DIRECTIONS:

1. **PREHEAT** oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8-10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. **ADD** cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

PREP TIME: 20 min. **COOK TIME:** 45 min.

COOK'S TIP: To toast cornbread, bake at 400°F for 10 min.

SHARE YOUR FAVORITE SAUSAGE RECIPE, AND THE STORY BEHIND IT, USING **#JDFAMILYTABLE** AND YOU COULD BE FEATURED.





HOW MANY WAYS CAN YOU SNAP, CRACKLE, POP?

Visit us at ricekrispies.com for a bazillion other fun recipes.





NO-BAKE PUMPKIN PUDDING PIE

If you take care to cook the pudding until it's fully thickened, the pie will set up and slice beautifully.

Active: 10 minutes
Total: 3 hours and 10 minutes (includes chilling)

- 2 egg yolks
- ½ cup dark brown sugar
- 1 cup milk
- 2 Tbsp cornstarch
- 1 tsp vanilla
- ½ tsp cinnamon
- ¼ tsp ground ginger
- 4 oz cream cheese, softened
- 1 15-oz can pumpkin (like Libby's)
- 1 premade graham cracker or chocolate cookie pie crust
- 1 oz bittersweet chocolate, melted

¼ cup toasted pecans
Whipped cream, for serving

1. Whisk the egg yolks and ¼ cup of the brown sugar together in a heatproof bowl. Whisk the remaining ¼ cup brown sugar, milk, cornstarch, vanilla, cinnamon, and ginger in a medium saucepan. Set over medium-high heat and cook, whisking, until the mixture bubbles and thickens, 3 to 4 minutes.

2. Remove from heat and gradually pour ⅓ of the hot milk mixture into bowl with the egg yolks, whisking to temper. Pour the egg mixture into saucepan and whisk to combine. Set over medium heat and continue whisking until the pudding boils and

is very thick, about 2 minutes. Remove pan from heat and stir in the cream cheese until smooth. Fold in the pumpkin and stir until completely combined.

3. Pour the pie filling into the crust and drizzle with the melted chocolate. Refrigerate until firm, at least 3 hours and preferably overnight. Scatter the pecans over the pie and serve with the whipped cream.

Makes 6 to 8 servings.

Turn the page for your step-by-step plan to getting this done in 2 hours! ➔

at home

MAKE A TREAT



SHARE A PIC



GIVE A TOY



For every photo of a treat you post with #Treats4Toys, Kellogg's will donate a gift to Toys for Tots®.

ricekrispies.com/T4T

Limit one (1) photo per person per social media channel. Kellogg's will donate up to \$50,000 total. Visit ricekrispies.com/treats4toys for full details.

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YOUR PLAN OF ACTION:

[WEDNESDAY]

THE NIGHT BEFORE

Open a bottle of wine and recruit someone to help with dishes. If you start prepping by 8, you should be on the couch by 9.



8:00 PM

Chop the onions and garlic; caramelize. Slice the onions and lemons for the turkey.



8:10 PM

Mix the herb butter and stuff under the turkey skin. Assemble roasting dish.



8:20 PM

Blanch the greens; squeeze out excess water. Cover and refrigerate.



8:30 PM

Sear the onion and simmer with the stock for the gravy.



8:35 PM

Make the pie filling, pour into the crust, and refrigerate.



8:45 PM

Make the cranberry-clementine sauce (pulsed in food processor); refrigerate.



8:50 PM

Assemble the dressing in roasting dish, cover with foil, and refrigerate.

[THURSDAY]

THE DAY OF

First order of business: Take the turkey and dressing out of the fridge and put into a 450°F oven. Then, finish making the feast in a single hour.



3:00 PM

Warm the gravy base in a small saucepan. Whisk in the beurre manié to thicken.



3:15 PM

Render the sausage and sauté the greens.



3:25 PM

Uncover the dressing.



3:30 PM

Make the glazed carrots and turnips.



3:50 PM

Transfer the breasts to a carving board and pour the pan juices into the gravy.



3:55 PM

Reheat the gravy and adjust the seasoning. Slice the turkey.

SERVE!

You did it. Now pile up a plate, sit next to someone you love, and don't tell *anyone* how easy this was.

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat leaf parsley~~

~~1 1/2 tbsps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tbsps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com

Beauty

UPDATE

THE 5 HOTTEST ANTI-AGING SECRETS FOR FALL

1

Growth Hormone: The Long-Awaited “Fountain of Youth”?

Everybody's talking about human growth hormone (hGH). It's been featured on *The Doctors*, *The Today*

Show, *Good Morning America*, *Fox News*, and *CNN*. *Allure* magazine, in its “Anti-Aging Special” issue, highlighted growth hormone as its year-end call-out. *Shape* magazine began a recent growth hormone article with the provocative lead in: “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow.” But when the internationally famous medical TV host himself told his audience about an oral compound that's been proven to increase mean, serum (blood) growth hormone levels by 682% and said, “I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections...” OMG!

Almost immediately, this underground “miracle pill” became a full-blown “anti-aging” phenomenon. The compound is being sold under the trade name SeroVital®-hgh, and it's quickly gaining an almost “cult-like” following because, let's face it... something that just may have the power to reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, boost energy, rev up sex drive, and make you look and feel decades — not years, but DECADES — younger is, at the very least, irresistible... especially when it's protected by not one but ten U.S. Patents.[‡] But is there a catch? Get all the facts at SeroVital.com. SeroVital is currently available at all Ulta stores, Kohl's, select GNC locations and direct from the manufacturer at 1-800-720-4558 or SeroVital.com. Use promo code **HGH339** and get free shipping.[†]





2

The European Wrinkle Pill!

What if someone told you that you could take a simple pill and grow new, younger, vibrant-looking skin? Sounds like something from a sci-fi novel, right? Well... this European research breakthrough is backed by

gold-standard science, and it's available now. It's called UniLastin,[™] and industry insiders are convinced it's going to completely change the way we care for our skin.

This exciting, patented new complex literally helps replace the saggy, wrinkled, old-looking surface with new, youthful, radiant-looking skin...

making it thicker, denser, and firmer, increasing both collagen and elastin, and even decreasing the depth, width and length of wrinkles. Your skin will not only look younger... it will actually *be* younger!

And because it's an oral compound that works systemically (throughout the entire body), it has the inherent capacity to improve the skin all over... not just on your face, but from the end of your nose to the tips of your toes!

It's sort of like a facelift for the entire body... actually changing and improving the structure of your skin as it repairs itself from the inside out.

Get all the facts at UniLastin.com. Can't wait to try it? Order UniLastin by calling 1-800-535-0149 or visit the website. Use the promo code **REBUILD13** at checkout and get free shipping.[†]

3

Is Stress Making You Look Older?

As if we didn't already know that stress makes you feel old, researchers have finally tied stress (even everyday, "ordinary" stress) to the rate at which our skin ages (it has to do with something called "accelerated telomere" [pronounced TEL-oh-mere] shortening... learn more at Relacore.com). The best way to slow down stress-related skin aging? Relacore[®] Extra. For those of you unfamiliar with it, Relacore Extra is a super popular anti-stress, feel-good pill most well known for its ability to reduce stress-related "belly bulge" (that's why it's called "America's #1 selling belly fat pill") AND the reason why the best place to find it is in the weight-control section of your local Walmart, RiteAid and Target store). Nevertheless, as more and more beauty editors are touting Relacore Extra as the new skin-care "must-have," Relacore Extra is being "reborn" as an anti-aging staple (oh, and the reduction in stress-related belly fat is a bonus!). About \$29 USD (extremely affordable) at smarter retailers nationwide, direct from Carter-Reed at 1-800-465-4439 or online at www.Relacore.com. Use promo code **RELACORE75** and get free shipping.[†]



4

How to Stay in Shape When You're Over 40

Our Favorite Way to Look Younger

No one wants to look old, fat and tired. But once you get past 40, staying in shape (or trying to get in shape!) is much harder. And with so many products on the market, how do you even know where to start?

BodyLab[®] makes it easy with their Total Shape Up Kit.[™]

This complete, all-in-one, 30-day system (an exclusive online offer) includes their Triple Process Detox & Cleanse, Thermodynamic Total Burn[™], Probiotic Replenishment, Thermodynamic Preworkout Extender[™], and Fat Burning Protein. It has everything you need to jumpstart your transformation, cleanse and replenish your body, switch your metabolism into rapid fat-burning mode, fuel lean tissue, and even increase your calorie burn both during and for hours *after* your workout! Available exclusively at BodyLab.com or 1-800-341-4016 for a limited-time, introductory price of \$99

(that's a \$30 savings, plus get free shipping[†] when you use promo code **SHAPEUP9**).



5

Serious Dark Spots?

[don't try to hide them]

FIX THEM!

Nothing screams your "real" age louder than those telltale age spots. Bremenn Clinical (a company that's spent years researching pigment-correcting formulations like the world famous "Serious Dark Circles" cream, Hylexin[®]) has the solution. It's called, what else, Bremenn Clinical's Dark Spot Eraser.[™] Dark Spot Eraser contains a powerful combination of super-effective skin lighteners and pigmentation modifiers that not only helps reduce the appearance of existing dark spots, but also addresses the appearance of future spot emergence, making it the ultimate solution for even the most serious dark spots. So don't try to hide those serious dark spots... fix them with

Bremenn's Dark Spot Eraser. Available at Kohl's and smarter retailers nationwide, or directly from Bremenn Clinical at 1-800-290-1832 or BremennClinical.com. Use promo code **DARKSPOT86** and get free shipping.[†]



at home

TOMATO MELT

Plain bagel, deli ham, sliced tomatoes, Cheddar, and chives, toasted until bubbly

BEE'S KNEES

Poppy-seed bagel, fresh ricotta, honey, chile flakes, and lemon zest

5 new ideas for your **bagel**

Your morning savior gets way more *chutpah* with these surprising combinations.

RECIPES BY KHALIL HYMORE
PHOTOGRAPHED BY LEVI BROWN

FRESH ITALIAN

Whole-wheat bagel, Brie, fresh figs or sliced pear, prosciutto, basil, and a drizzle of balsamic

BRUNCH-WORTHY

Sesame bagel, cream cheese, spinach, smoked salmon, sliced radishes, and pepper

EGG LOVER

Whole-wheat bagel, sliced hard-boiled egg, dill, and capers

when you start with
FRESH CHEESE & AGED PARMESAN
ON TOP OF HAND LAYERED PASTA

you get
THE BEST
LASAGNA



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Your pantry's secret-weapon ingredient

It's a can of coconut milk! It makes your weeknight staples feel way more interesting and taste infinitely more delicious.

PHOTOGRAPHED BY SARAH ANNE WARD



GF COCONUT CHICKEN AND RICE CASSEROLE

Active: 10 minutes
Total: 45 minutes

- 1 Tbsp vegetable oil
- 4 chicken thighs
- Kosher salt and pepper
- 1 large shallot, chopped
- 8 oz cremini mushrooms, sliced
- 1 can (14 oz) diced tomatoes
- 1 tsp honey
- 1 cup plus 2 Tbsp basmati rice
- 1 can (13.5 oz) light coconut milk
- 1/3 cup basil leaves, torn, for serving
- 1/4 cup toasted unsweetened coconut chips, for serving
- Hot sauce, like Sriracha, for serving

1. In a large Dutch oven, heat the oil over medium-high heat. Season the chicken with 1 tsp each salt and pepper and add to the pot, skin-side down. Cook until skin is golden and crisp, about 6 to 8 minutes. Flip and cook 2 minutes more. Transfer to a plate.

2. Add the shallot to the pot and cook until translucent and tender, about 2 minutes. Add the mushrooms and cook until browned and tender, about 5 minutes. Add the tomatoes and honey and cook until most of the liquid evaporates, about 4 minutes. Stir in the rice, coconut milk, and 1/2 tsp each salt and pepper. Bring mixture to a simmer and place the chicken skin-side up on top of the rice, taking care not to completely submerge. Cover, reduce heat to medium-low, and cook until rice is tender and absorbs the liquid and the chicken is cooked through, about 18 to 20 minutes.

3. Heat broiler to high with oven rack positioned 6 to 8 in. from heat. Remove lid from pot and place under the broiler. Cook until skin is crisp again, about 3 minutes. Serve topped with basil, coconut chips, and hot sauce, if desired.

Makes 4 servings. Per serving: 680 cal, 31 g fat (12 g sat fat), 37 g protein, 66 g carb, 5 g fiber.

GF SPICY COCONUT PORK CHOPS

Active: 10 minutes
Total: 45 minutes

- 1 can (13.5 oz) light coconut milk
- 1 2-in. piece fresh ginger, peeled and chopped
- 1/4 cup fresh squeezed lemon juice, plus wedges for serving
- 2 scallions, roughly chopped, plus 1 scallion, sliced, and more for serving
- 4 tsp turmeric
- 4 tsp ground cumin
- 3 tsp ground coriander
- 2 tsp crushed red pepper flakes, plus more for serving
- Kosher salt
- 4 bone-in pork chops, 1 in. thick (about 2 1/4 lbs)
- 4 Tbsp vegetable oil
- Mint leaves, for serving
- Lemon wedges, for serving

1. In a blender, combine the coconut milk, ginger, lemon juice, scallions, spices, and 1 tsp salt. Purée until smooth and transfer to a large zip-top bag. Pierce the pork chops with a fork several times and place in the bag with the marinade. Marinate for 20 minutes.

2. Meanwhile, heat a grill pan over medium-high heat and brush with oil. Remove chops from the bag and pat dry. Place on the pan and cook until the internal temperature reaches 145°F on an instant-read thermometer inserted into the sides, 6 to 8 minutes per side. Transfer to a platter and let rest. Serve chops topped with scallions and red pepper, plus mint leaves and lemon wedges, if desired.

Makes 4 servings. Per serving: 332 cal, 15 g fat (5 g sat fat), 44 g protein, 3 g carb, 2 g fiber.



GF MEANS THIS RECIPE CAN BE PREPARED GLUTEN-FREE, BUT ALWAYS CHECK INGREDIENT LABELS.



MADE WITH

6.5%	Madagascar rain water
4%	Hand-blown glass
89.5%	Tastes the same as tap water



MADE WITH

100%	Turkey Breast
------	---------------



Sometimes life can get complicated.
Your sandwich doesn't have to be.

#sanewich

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sparkletowels.com



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Our unique PH balanced formula helps retain color by keeping the cuticle closed. A simple, easy to use system that replaces your shampoo & conditioner to keep color in longer.



Shop the issue

THE FIX FOR RED, BLOTCHY SKIN

Page 20: Cancellation **Concealer**, \$35; Perfect Prep **Hydrating Under-Eye Brightener**, \$35; Poreless Perfection **Foundation**, \$45; 24/7 **Blush System** in Peach Light, \$35. All by Mally Beauty; mallybeauty.com.

SO MANY REASONS TO TRY BLUE SHADOW!

Page 31: Jane Iredale PurePressed **Eye Shadow**, \$19; janeiredale.com. Clinique Chubby **Stick Shadow Tint** for Eyes, \$17; clinique.com.

Page 32: Yves Saint Laurent Full Metal **Shadow**, \$30; yslbeautyus.com. Estée Lauder Magic Smoky Powder **Shadow Stick**, \$22; esteelauder.com. Nars **Blush**, \$30; narscosmetics.com.

BEAUTY UNDER \$25

Page 35: Sephora Collection Lip Service **Sponge Set**, \$8 for 2; sephora.com. Avon Beyond Color **Lipstick**, \$8; avon.com. Paul & Joe Beauté **Lip Treatment Balm**, \$18; b-glowing.com. Deepa Gurnani Embellished **Hair Tie**, \$10; birchbox.com. The Body Shop Oils of Life Intensely Revitalizing **Essence Lotion**, \$22; thebodyshop-usa.com. Free Your Body Baobab Brilliant **Body Lotion**, \$19; freeyourmane.com. Ck One All Day Perfection **Lipcolor**, \$16; ulta.com. BareMinerals BareSkin Complete Coverage **Serum Concealer**, \$20; bareminerals.com. OPI Venice Collection **Nail Lacquer**, \$9.50; ulta.com. Big Sexy Hair Volumizing **Dry Shampoo**, \$18.95; sexyhair.com. Clinique Dramatically Different Moisturizing **Cream**, \$14.50 for 30 ml; clinique.com. Lancôme Drama Liqui-**Pencil**, \$23; sephora.com. Flower **Fragrance Mist**, \$8.97; walmart.com. Illume Lavish **Hand Cream**, \$20; illumecandles.com.

THE BEST WAY TO LOVE YOUR HAIR

Page 40: Proganix Quench **Shampoo** and **Conditioner**, \$9.99 each; ulta.com.

ANTI-AGE YOUR GORGEOUS EYES

Page 44: Yves Saint Laurent Touche Éclat **highlighter**, \$42; yslbeautyus.com. EltaMD Broad-Spectrum **SPF 41**, \$29.50; eltamd.com. Replenix All Trans Retinol **Eye Repair Cream**, \$75; dermstore.com. Tria Beauty Age-Defying Eye Wrinkle **Correcting Laser**, \$249; triabeauty.com.

Page 46: Nars Radiant Creamy **Concealer**, \$29; narscosmetics.com. SkinCeuticals AOX+ **Eye Gel**, \$92; skinceuticals.com. La Roche-Posay Active C Eyes **Anti-Wrinkle Concentrate**, \$42.99; laroche-posay.us. 100% Pure Organic Coffee Bean Caffeine **Eye Cream**, \$25; 100percentpure.com.

LESLIE MANN HAS SUCH SMART TIPS

Page 48: Chanel Rouge Allure Velvet Intense Long-Wear **Lip Colour**, \$36; chanel.com. Kiehl's Since 1851 Magic Elixir **hair oil**, \$20; kiehls.com. The Body Shop Exfoliating **Bath Gloves**, \$5; thebodyshop-usa.com. SkinCeuticals C E **Ferulic Serum**, \$162; skinceuticals.com.

WASH YOUR FACE A TOTALLY NEW WAY

Page 50: Julep Konjac **Cleansing Sponge**, \$12; nordstrom.com. Boscia Charcoal Deep-Pore **Cleansing Stick Treatment**, \$28; sephora.com. Sephora Collection Black Magic Makeup Remover **Cloths**, \$12 for set of 2; sephora.com. Drunk Elephant JuJu **Bar Soap**, \$28; sephora.com.

5 BEAUTY TRICKS I JUST LEARNED

Page 52: Paula's Choice Resist C15 Super **Booster Treatment**, \$48; paulaschoice.com. Avon Anew Power **Serum**, \$40; avon.com. Carol's Daughter Sacred Tiare 4-in-1 **Combining Creme**, \$10; target.com.

Sweepstakes Rules

SO MANY REASONS TO TRY BLUE SHADOW! SWEEPSTAKES; BEAUTY UNDER \$25 SWEEPSTAKES; ANTI-AGE YOUR GORGEOUS EYES SWEEPSTAKES; LESLIE MANN HAS SUCH SMART TIPS SWEEPSTAKES; WASH YOUR FACE A TOTALLY NEW WAY SWEEPSTAKES; 5 BEAUTY TRICKS I JUST LEARNED SWEEPSTAKES; THE INSTANT OUTFIT PLANNER SWEEPSTAKES; HEIDI KLUM INTIMATES SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. To enter beginning October 20, 2015, at 12:01 a.m. ET through November 16, 2015, at 11:59 p.m. ET, go to redbookmag.com/freebies on a computer or wireless device and complete and submit the entry form for the sweepstakes of your choice pursuant to the onscreen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding

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HEIDI'S COVER LOOK

On the cover: Top and skirt: Michael Kors Collection. Earrings: Georg Jensen. Rings: Rio Tinto. **Get Heidi's cover look** with The Falsies Push Up Drama Mascara, The Nudes Eyeshadow Palette, and Color Sensational Creamy Mattes Lipstick in Daringly Nude by Maybelline New York; Miracle Gel Nail Polish in Spice Age by Sally Hansen; and Salon Care Diametress Lavish Body Gel Spray by Nexxus New York.



MAX MONTGOMERY.



Pumpkin Spice

- 8 Tbsp Almased
- 10 oz vanilla almond milk, unsweetened
- 2 Tbsp fresh or plain canned pumpkin puree
- 1 tsp stevia
- Dash of pumpkin spice or ground cinnamon, for taste

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Spicy Chocolate

- 8 Tbsp Almased
- 12 oz almond milk
- 1 Tbsp cocoa powder, unsweetened
- ½ tsp cinnamon
- ½ tsp cayenne pepper



Carrot Cake

- 8 Tbsp Almased
- 12 oz vanilla almond milk, unsweetened
- ¼ cup carrot juice
- 1 tsp ground flaxseeds
- 1 Tbsp walnuts
- A pinch of cinnamon
- A pinch of nutmeg



Caramel Apple

- 8 Tbsp Almased
- 1 cup almond milk, unsweetened
- ½ cup apple sauce, unsweetened
- 1 Tbsp almond butter
- ¼ tsp caramel extract



You can replace one or two meals a day with an Almased smoothie for weight loss, or add it to your regular diet routine for weight maintenance and wellness.

Melt Your Belly Fat

Fat deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

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shown to inhibit the storage of fat in the body and support the breakdown of existing fat. Combine that with providing a natural boost of energy and maintaining healthy blood sugar and thyroid function and you have the ideal weight loss multi-tasker.

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Let's talk gratitude

Out of 1,000 women, 64 percent say they don't get thanked enough.

On behalf of REDBOOK: *Merci, gracias, danke* for taking our poll. Here's what else we learned—do you relate?



SEND YOUR ZUMBA
TEACHER A
THANK-YOU CARD!

THE #1 THING

YOU'RE GRATEFUL FOR:

45

PERCENT OF YOU SAID,

“My health”

“YOU CAN SORT
MY SOCKS ANYTIME.”

44%



of married women are
most grateful for their
husband when
he does something
around the house,
like throwing a
load of clothes in
the washer.



ONLY 4% SAY IT'S
WHEN HE BUYS THEM
A THOUGHTFUL GIFT.

PANDORA
OVER
PERFECTION

(((MUSIC)))
(56%)

GOT MORE
VOTES FOR

“MOST
ESSENTIAL
NON-
ESSENTIAL”

THAN

SPANX (3%),
CONCEALER (8%),
WINE (24%), AND
A GOOD
HAIRCUT (12%)
COMBINED.

MOST OF THE
THINGS YOU'RE
GRATEFUL FOR
IN LIFE ARE DUE TO:

36%

★ LUCK.
I'M VERY
FORTUNATE.

64%

🏆 MY OWN
DOING.
I WORK HARD!



Holidays mean
that your family
has descended
upon you, and

65%

OF YOU ADMIT
you're more grateful for them
AFTER THEY LEAVE.

(WE AGREE, 1,000%.)

61%

OF WOMEN ADMIT
TO SAYING
thanks
WHEN THEY
don't
mean it.

But how's the barista
supposed to learn
not to slam your change
on the counter
with all that positive
reinforcement?



Ungratefulness is most annoying when it comes from...

43%
... your kid

26%
... your spouse

22%
... a stranger

9%
... a parent

comfortcup®
by *Chinet*

MAKE YOUR
BROWN SUGAR CARAMEL LATTE

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WITHOUT GOING GOLD.

IT'S HOW

YOU TAKE IT.



#HOWYOUTAKEIT

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